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page 23

# THE PORTUGAL News

Portugal's **National** Newspaper in English

## PUZZLE PAGE

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P. 33

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### Haiti quake in Algarve would be crippling, simulation finds

Should the Algarve be struck by an earthquake of the same magnitude as the one that devastated Haiti on January 12<sup>th</sup>, its ability to function would be reduced by half. (See Page 4)

### British MPs move to restore Portugal's forts

A group of British lords and MPs have this week pledged to pull together to raise funds aimed at restoring Portugal's historical military constructions, along the Torres Vedras line, after alleging it may have been because of these forts that the UK was saved from Napoleon's military advances. (See Page 9)

### Beja Airport nears conclusion

Three years after the first brick was laid Beja Airport is nearing conclusion, though which airlines will operate from the Alentejo's first international airport and the actual opening date still remain a mystery. (See Page 13)

### Health Minister denies Swine Flu pandemic a hoax

Portugal's Minister for denied claims by the President of the European Council's Health Committee that the A H1N1 Flu pandemic was a hoax and announced to 'feed a medical fraud', and defended all Portuguese efforts in controlling the virus. (See Page 55)

### Weekend weather

**Lisbon:** The capital will be cold (maximums of 13°) and cloudy this weekend with a few rain drops expected. The weather should clear during the week, before the return of heavy rain next Thursday. **Faro:** The Algarve will record mostly sunny skies this weekend, with thermometers set to climb to 15°, while some rain is forecast for next Wednesday. **Oporto:** The North will be cloudy and cold this weekend with a slight chance of showers. Heavier rain is forecast to return next Wednesday.

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## Government ready to forfeit wages as Portugal seeks to rebuild confidence in its economy

# MAKE-OR-BREAK BUDGET

Full Story,  
see page 2



Minister of Finance Teixeira dos Santos (left) pictured here earlier this week after he handed over the disc containing the state budget for 2010 to the Speaker of Parliament Jaime Gama. (Photo: Lusa/António Cotrim)



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# ATM stolen out of Lagoa bank

The Barclays branch in Lagoa was broken into in the early hours of Thursday morning, with the assailants using a digger stolen from a nearby garden centre to break into the bank and take the automatic teller machine.



The assailants are believed to have stolen the digger from the nearby Pina garden centre and driven it through the adjacent field to the gates of the industrial park, where the Barclays branch is located.

Using the digger's brute force, the criminals were able to push open the gates, which were locked with a chain, and then smash the window of the branch to take the ATM.

They escaped in another vehicle, leaving the stolen digger at the scene of the crime.

The GNR were first to arrive at the scene, with PJ police detectives conducting forensic investigations for most of the morning.

At the time of going to press, it was not known how many assailants were involved in the robbery or what vehicle was used for their escape.

It is also unclear as to how much cash was inside the machine at the time.

**Above - Judiciary Police officers stand outside the Lagoa Barclays branch looking for evidence in the broken glass.**

**Below - GNR officers keep the area off limits, whilst a forensic investigator swabs the digger's steering wheel to obtain fingerprints. (Photos: Tommy Broad)**



## Make-or-break budget

Even the most pessimistic economic analysts were surprised to learn on Wednesday that Portugal had registered a budget deficit of 9.3 percent of the Gross Domestic Product in 2009, a figure which is more than three times the limit imposed on Eurozone member states. But the Portuguese Government has, in unveiling the proposed state budget for 2010, undertaken to cut the deficit by one percent in the coming year, with a number of sections of the national economy being called upon to surrender wage increases as it seeks to allay fears of an unstable economy and rekindle confidence amongst foreign investors.

The Portuguese Minister of Finance this week resisted the temptation to wash his hands of the problem by blaming the nation's woes on the global economic crisis, instead opting to call on the nation to make a number of sacrifices in order to bail the country out of one of its worst economic crises in recent memory.

In a clear indication of the mountain Portugal still needs to climb to emerge from the current state of economic gloom, Minister Teixeira dos Santos said he

was ready to forgo part of his salary "if necessary" as an example for others to follow as his Government seeks to reduce the burgeoning budget deficit.

Civil servants meanwhile, will see no increases this year, with the Government having already proposed their wages be frozen – a move which should receive support from political parties seated to the right of the Socialists in Parliament.

Backing for the Socialist-led cabinet's attempts to put the

economy back on track has already come from both the Social Democratic Party and the CDS-PP Christian Democrats as they both said they would support efforts to kick-start the economy.

Stopping short of an unprecedented move to rubberstamp this year's budget, both these opposition parties have said they would abstain from voting at next month's budget meeting, allowing it to pass through Parliament despite the Communist Party and Left Bloc saying they would vote against it.

In the meantime, Portugal's mounting debt problems this week had a rippling effect that transcended its own borders.

The euro on Wednesday hit a six-month low against the US dollar and also allowed the pound to gain on the single European currency.

While a handful of reasons have been forwarded as to the causes of the weakening euro, the fact that Portugal has this week presented a much higher

than expected budget deficit, has raised concerns that the country could be in a worse economic state than is being portrayed and was afforded some of the blame for the declining confidence in the euro currency.

But speaking on Wednesday evening, Minister Teixeira dos Santos rejected comparisons with the chaos that has befallen the Greek economy in recent weeks. Saying that "our situation has nothing to do with Greece", he explained that greater financial and fiscal discipline throughout 2010 should see the country placed firmly on the road to economic recovery.

The Minister has also pleaded with international agencies not to downgrade the country's debt-rating.

Speaking on Wednesday evening, he called on financial agencies to give "Portugal the benefit of the doubt" by allowing it time to prove austerity measures contained in this year's budget will be adequate in seeing the country through the current crisis.



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# Gov't rubbishes hoteliers' view that 2009 was 'worst year since 1994'



Boys enjoying the beach in the Algarve last year, oblivious to the law which bans dogs and ball games on public beaches, and to which the authorities close their eyes. (Photo: Lusa / Luis Forra)



Last year's tourism in the Algarve has been described by the region's largest hotel and tourism association, AHETA, as "the worst in the past 15 years", though the Government has contradicted these claims by describing 2009 as "the fourth best year to date".

According to AHETA – Algarve Hotels and Tourist Resort Association – last year was even worse than 2004, which was notorious for being one of the poorest years in recent tourism history.

Last year's occupancy rate was 12 percent lower than the year before (2008), AHETA revealed in a press conference this week.

Elidérico Viegas, President of AHETA, said that this accentuated drop in occupancy rates does not necessarily imply that there were overall fewer tourists in Portugal, but it does mean that, on average, for business over all it was the worst year in the past 15 years.

"The general crisis was reflected in a pretty sharp fall in occupancy rates but mostly noted in companies' revenue that is generated by tourists", he explained.

On the other hand, he highlighted, the UK's internal crisis – taking into account that the UK is the Algarve's main tourist supplier – caused by the weakening of the pound in comparison to the euro, also meant that tourists sought alternative destinations where they had greater spending power.

Another new aspect relative to the hotel industry detected last year was that the three-star hotels presented the highest occupancy rates overall, contradicting a previous trend for four and five-star accommodation to be the busiest.

The Monte Gordo area of the Algarve registered the highest

average occupancy rate, at 76 percent, followed by Albufeira, at 55 percent, and Vilamoura and Quarteira, at 53 percent.

Eldérico Viegas further announced that last year Faro Airport suffered a global loss of seven percent in passenger figures, in comparison to 2008.

Meanwhile, Bernardo Trindade, State secretary for Tourism, contradicted AHETA's findings by announcing that "2009 was the fourth best year ever".

"What the President of AHETA considers the worst year in the past 15 years, I see as the fourth best year ever", he told Lusa News Agency.

According to the State Secretary, based on data from the National Statistics Institute (INE), between January and November 2009 there was a drop in tourists in the Algarve region of 6.6 percent, in comparison to 2008; half the amount that AHETA claimed.

Therefore, the €508 million obtained in revenue during that period is surpassed only by revenue taken in 2006, 2007, and 2008.

Admitting that the year that just ended was a "very tough" one, State Secretary Trindade said now alternatives to the British market must be found, particularly because of the slumping pound.

"We are strongly determined that, be it via the national market or the Spanish market, we will compensate for the losses made by the dwindling British market", he concluded.

## Gov't pledges to "ensure safety" of Algarve residents

He made the statement during a visit to the Algarve, in a session dedicated to the issue, held at Tavira's 'Riverside Market' area.

Minister Pereira told the public he was "doing everything" to guarantee residents' safety, including adopting new measures and endowing the various forces with more means to combat violent crime in the region.

"What I want to say, and what I said to consuls and mayors throughout the region, is that we are doing everything to combat the feeling of insecurity and raise levels of safety", he proclaimed, referring to the meeting he had previously held with local authorities and official representatives of the various foreign residents in the Algarve, who have mainly been affected by the recent rise in violent robberies on private property.

This has caused many residents, foreign and national, to question the country's safety and in some cases has driven them to consider leaving the Algarve for good.

Minister Pereira elaborated, "What we are doing, besides boosting equipment, building new headquarters and reinforcing human resources, is creating a mixed team – which had already been formed – specifically for the prevention of violent crime."

"That team will count on the collaboration of other security forces, the GNR and PSP, but also on the cooperation of the PJ police (Judiciary Police) and Immigration Services (SEF)".

He considered the combined cooperation of the various forces to be "absolutely decisive" in tackling various aspects relating to violent crime, including human trafficking and illegal immigration.

Last Friday the Minister held a lunch with the Mayors of the Algarve's 16 municipalities as well as Faro Civil Governor Isilda Gomes, to discuss such issues.

One topic brought up was the 'Smile' project, a new technological product that allows immediate identification and the gathering of biometric data, as well as the comparison of national and international data bases.

Meanwhile, the head of the region's largest hotel and tourism association AHETA (Association for Algarve Hotels and Tourist Resorts) has criticized the Government for not doing more to stop the growing feeling of insecurity caused by violent crimes in the region.

AHETA President Eldérico Viegas said the responsible politicians were not reacting in time to stop the climate of fear that is being felt in the region caused by violent robberies carried out on the homes of foreign residents, muggings and even murders.

Speaking to Lusa News Agency, Eldérico Viegas said that safety "is a determining and decisive consideration for the confirmation and consolidation of a tourist destination", such as Portugal and the Algarve.

He stressed that the violent robberies carried out on the residences of foreigners in the region "have caused repercussions to public opinion, creating a feeling of insecurity, and moreover, on top of that caused by existing crime".

"The feeling of insecurity caused by this phenomenon of greater violence and crime has been installed and has now spilled over to other countries, namely the UK,

Minister of Internal Affairs Rui Pereira has this week declared that he will "do everything to guarantee the safety of Algarve residents, foreign and national".

which happens to be our main supplier of tourists", he said.

Mr. Viegas added that, in his view, the security forces were in some way "victims of this situation", which he believes is a "political problem".

"The responsible politicians did not know how to deal with the situation. They did not give the region or the country the necessary technical or human means, they did not respond to the situa-

tion efficiently or in time, nor was it adequately communicated to others what was happening, and they did not have the legislation to be able to proceed with legal amendments that were required given the rise in violent crime", he concluded, stressing "the fact that assailants are not arrested unless they are caught red handed has created an idea of criminal impunity, which has heightened the feeling of insecurity".

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# Haiti quake in Algarve would be crippling, simulation finds

**S**hould the Algarve be struck by an earthquake of the same magnitude as the one that devastated Haiti on January 12<sup>th</sup>, its ability to function would be reduced by half.

Nearly half of the basic infrastructures in the Algarve would cease to be of use, as 50 percent of the region's essential services would grind to a halt, a simulation has found.

This is according to a simulation featured in the 'Study of Seismic and Tsunami Risk in the Algarve' (ERSTA), which was recently compiled by regional professors and experts and unveiled to the media this week.

The study was made public in the presence of Minister for Internal Affairs, Rui Pereira, during a presentation at the University of the Algarve (UAlg) this week.

"In this scenario about 50 percent of the region's hospitals, schools, electricity networks, and water supplies, amongst other things, would be affected", university professor Sousa Oliveira explained.

After the presentation Minister Pereira described the ERSTA as "a valuable instrument that could assist in the preservation of innumerable lives and the region's cultural legacy", as it "covers a vast group of topics, from the definition and characterisation of seismic structures in the region, to the evaluation of damage associated to seismic scenarios and the character of the



Young people look for schoolmates in the rubble of the Canape-vert school in Haiti on January 24<sup>th</sup> where at least 300 bodies were found, among them students and teachers. (Photo: Lusa / Jorge Nunez)

population's movements".

"With the valued help of Geographic Information Systems (SIG) technology we can now cross-check a significant amount of technical and scientific information that in turn allows a thorough evaluation of damage and supports the development of

actions that help reduce the vulnerability thus identified", Rui Pereira said.

As a result, and based on the findings of the study, Minister Pereira pledged that "an emergency plan of action will now be drawn up".

The emergency plan, which will reportedly be created by the National Authority for Civil protection, will focus on catastrophic events. When finished,

which Rui Pereira said would happen during the first six months of this year, the emergency plan will be made public for general consultation.

Once data has been introduced into the programme, the ERSTA simulator calculates estimated result in five to ten minutes.

Given the scenario of an earthquake of 7.5 on the Richter scale (the same magnitude as happened in Haiti) occurring with its

epicentre near the Algarve coast, the ERSTA calculated that between five and seven percent of all buildings would suffer very serious damage.

The Haitian earthquake, which left millions homeless, occurred 25 kilometres off the coast of Port-au-Prince, Haiti's capital city, and at a depth of 15 kilometres.

The effects of the simulated Algarvean earthquake were

based on the hypothetical scenario of the epicentre occurring at 68 kilometres off the coastline, south-east of Faro, on August 15<sup>th</sup> (height of summer) at noon, when many thousands of people would be on the beach.

It estimated that between 33 and 1,007 people would be killed, between 254 and 593 people injured, and between 8,690 and 13,234 people would be left homeless.

## Portugal sets up children's shelter as concerns grow over child trafficking

Portuguese aid teams have set up a temporary centre to shelter Haitian orphans and children separated from parents, as international concern mounts over the possibility of child trafficking in the wake of the massive earthquake.

The chief of the Portuguese Civil Defence team, Elísio Oliveira, told the Lusa News Agency the tent shelter on the outskirts of Port-au-Prince was to house about 50 children, alongside the Portuguese aid workers. "We couldn't have decided otherwise. We're here to help and these children are in need", Oliveira said.

The first four children to arrive were accompanied by representatives of the US organisation Love Beyond Borders who said two of them had been adopted by US families and who have since been flown to the United States.

The plight of thousands of Haitian children and their vulnerability to trafficking after the January 12 earthquake has raised concern among many, including UN agencies.

"At the moment there is no

control and anything could happen", UNICEF's representative in the country, Guido Cornale, told Lusa.

"We've received reports of such situations", Cornale added, declining to elaborate.

Another UNICEF official noted that Haiti had a history of child trafficking and that "many countries" were not following "international adoption norms" in the post-earthquake crisis.

In a related story, a second aid-laden Portuguese Air Force transport plane landed in the Haitian capital this week, bringing 12 tonnes of emergency supplies and additional aid personnel.

Officials said the Hercules C-130 carried six tonnes of drinking water, two water purifying machines, food and medical supplies.

It also ferried an additional aid team, composed of specialised firefighters and a doctor.

The plane had been held up for nearly one week in Caracas, Venezuela, awaiting landing clearance at Haiti's congested international airport.

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The entrance to Lagos' municipal kennel and its animal deposit cage by the gates. (Photo: The Portugal News)

# Landmark deal to end extermination of Lagos' strays



This weekend Lagos Town Hall executives are expected to sign a landmark protocol drawn up in collaboration with animal protection association Cadela Carlota, in which it is decreed that the two organisations will endeavour to put a stop to the extermination of healthy unwanted and stray animals being held in the municipal kennel.

Under Portuguese legislation, stray and unwanted animals that are kept in municipal kennels, even healthy ones, can be put down after eight days if unclaimed. The majority of these animals are unwanted dogs, removed from the streets by municipal services or dropped off by members of the public. Generally, those that have been there for a longer period are destroyed as the kennels reach maximum capacity, to accommodate new arrivals.

But as of this Saturday Lagos will adhere to an alternative path in dealing with abandoned animals and overflowing municipal infrastructures, thanks to the intervention of two local ladies, Cecilia do Carmo and Esperança Martins, who in 2006 initiated proceedings to found an animal protection association following a distressing visit to the kennels.

"I lost my dog and in an attempt to find it I visited the kennels", Cecilia told *The Portugal News*. "We all know what kennels are like but after looking around and knowing that so many dogs could soon be put down I was shaken", she said.

Just days later, after enlisting the help of colleague Esperança, the duo held what was to be the first of many meetings with Lagos Mayor Júlio Barroso, to find ways to help the municipal kennel and its animals.

At the Mayor's suggestion, Association Cadela Carlota (named after Cecilia's wayward pet which eventually turned up 10 days later) was created, to provide a more formal assistance to the kennel. And in 2007, with the help of local animal charity Nandi, which financed the bureaucratic proceedings as a gesture of encouragement, Cadela Carlota was made an official association.

"For the past year we have largely managed to avoid healthy animals being put down by going to pick up three or four dogs from the kennel as it reaches maximum capacity", Esperança explained. "We take the dogs to our own homes, or to temporary foster families, to avoid others being destroyed. But it's not a solution".

The Association is now urgently looking for a generous benefactor to "temporarily loan a piece of land", on which dogs from the kennel can be kept in makeshift shelters until they can be adopted and re-homed.

"This protocol is just the first step towards our ultimate goal, which is to find a permanent solution to abandoned animals being put down", Cecilia stressed. Cecilia and Esperança are hugely complementary of Lagos

Town Hall's approach to their cause, saying "Both the Mayor and Councillor Marreiros have been very supportive and receptive of our mission since day one, and have helped us greatly".

The protocol that is to be signed on Saturday is thought to be unique in genre and content, and is one that Cecilia and Esperança would like to see applied to other municipalities.

"We can't see why it shouldn't work in other places; all we did was converse with the authorities. All it takes is good will" Cecilia argued.

She reasoned "We were simply given permission to go and pick dogs up when the kennels got full to avoid others being put down. How much protocol is necessary to do that?"

As well as the Town Hall's full support in putting a stop to destroying stray animals, it will also offer Cadela Carlota a quarterly financial aid of €1,200 in exchange for the Association's dedication to re-homing and co-operation with the municipal

kennel.

But news of the protocol has been received by others with mixed reviews.

Dr. José Carlos, chief veterinarian at Lagos' municipal kennel, told *The Portugal News* "I have two opinions".

When asked what he thought of the protocol he explained, "My personal opinion is one of satisfaction; I am in favour of anything that benefits animals and that is why I collaborated. But as a professional I know that when put into ongoing day-to-day practice these protocols can sometimes clash, so we'll have to wait and see".

The official protocol signing, which will also celebrate the expansion of the kennel to accommodate an extra 20 dogs, will be held on Saturday, January 30<sup>th</sup> at 11h00, at Lagos' municipal kennel (near Modelo supermarket).

For more information about Associação Cadela Carlota, see website: [www.cadelacarlota.pt.vu](http://www.cadelacarlota.pt.vu).

Carrie-Marie Bratley

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## Underage sex crimes rise

**Based on the number of investigations launched by PJ police between 2000 and 2008 into allegations of sexual abuse against under-18s, it has been concluded that during those eight years such crimes in Portugal rose by ten percent each year.**

Percentage-wise, that is an increase of almost 1,000 percent over that period.

The development was revealed in the PJ's latest Annual Internal Security Report, a document that relates to the year 2008 and which also reveals that almost half of the 312 investigations into claims of rape involved victims that were minors (under the age of 18).

In 2000 the PJ registered 139 investigations into sex crimes against under-18s. In 2008 there were 1,382 new investigations launched, some involving more than one victim.

The most significant increase in sex crimes against minors was noted between 2002 and 2003, when the Casa Pia sex scandal broke and more attention was paid to the issue.

During that period the number of cases being inves-

tigated leapt from 599 to 1,313, in 12 months. Since then that amount has varied little.

The report from 2008 discriminates the type of sex crimes, and, in relation to the rape of underage children (under the age of 14), figures are only available from 2005. That year 72 cases were registered. But, in 2008, the PJ launched 131 investigations into the same type of crimes, an 81 percent rise that represented 41.9 percent of rapes committed against people of all ages that year. Almost 80 percent of those victims, in 2008, were girls.

The Annual Internal Security Report from 2009 is currently being produced, but a source from the PJ claimed the number of all investigations and arrests "rose substantially" last year, allegedly "by almost 100 percent".



## Food Bank delivers 20,000 tons of food

Last year the 17 national depots that make up Portugal's Food Bank registered a 15 percent increase in the amount of food that it distributed, in comparison to 2008, believed to have been boosted by a community programme specially created to support the needy, as well as the introduction of fruit collections.

In 2008 17,500 tons of food were distributed to the needy, gathered by 14 food banks across the country.

And while the official total amount of food distributed last year has not yet been confirmed, Isabel Jonet, president of the food bank, said she believes "at least" fifteen percent more food was collected, in comparison to the previous year.

"You could say, without taking too much of a risk, that we collected 15 percent more food last year than we did in 2008", she said, adding "in 2009 there were many fruit collections as well as the community programme to feed the needy".

In 2008, the 14 food banks distributed the equivalent of €27.3 million, with an average movement of 69.4 tons per working day.

According to Isabel Jonet the food is distributed amongst 1,650 institutions, which in turn pass the food onto 267,000 needy people in pre-packed hampers.

Isabel Jonet explained that the

needy can be separated into various groups: the elderly with small pensions, children from broken homes, the disabled, alcoholics, and drug users. On top of this there are also those suffering from long-term or sporadic unemployment, the worst affected being those aged between 50 and 55 who struggle to find work or who have families that, while other members may be employed, do not earn enough to sustain all their responsibilities.

Last year, the Food Bank's campaigns involved 27,000 volunteers, who offered their time over weekends to participate in food drives held in May and November.

In November alone volunteers organized food drives in 1,323 supermarkets and hypermarkets, in areas including Abrantes, Algarve, Aveiro, Braga, Coimbra, Cova da Beira, Évora and Beja, Leiria-Fátima, Lisboa, Oeste, Portalegre, Oporto, Santarém, Setúbal, S. Miguel, Viana do Castelo and Viseu.



First Lady, Maria Cavaco Silva, looks at an antique at the pre-opening of the VIII Antiques Biennale last April, from which all the proceeds were directed to the Food Bank. (Photo: Lusa / António Cotrim)

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# Lisbon, Madrid discuss extradition of Basque terror suspects held in Portugal



Spanish Justice Minister Francisco Caamaño pictured here with his Portuguese counterpart Alberto Martins during a meeting last week between the two in Madrid. The two discussed a number of bilateral issues including ways to speed up the extradition to Spain of two suspected ETA terrorists who were arrested in Portugal earlier this month. (Photo: Lusa / EFE / Ministry of Justice)

Portuguese Interior Minister Rui Pereira and Spanish counterpart Alfredo Rubalcaba have been analysing efforts by the two Iberian states to extradite two ETA suspects detained earlier this month in Portugal to Spain, the Lusa News Agency have reported.

The two ministers are studying ways to extradite the two Basques as speedily as possible, a source in the Spanish minister's office told Lusa, but this process "has to respect procedures of the Portuguese judicial system," the same source said.

Madrid and Lisbon's interior ministers, meeting last week on the sidelines of an informal EU ministerial gathering, also turned their attentions to cross-border cooperation to combat terrorism and Rubalcaba thanked his opposite for support from Portugal's security services.

ETA suspects Garikoitz Arrieta and Iratxe Ortiz de Barron were placed in preventive detention after being arrested on an EU warrant issued on the orders of a Madrid judge. The pair could still apply for political asylum in Portugal. TPN/Lusa

## Premature deaths plummet

Deaths amongst all age groups up to the age of 65, caused by unforeseen circumstances such as heart attacks and strokes have fallen considerably according to data from 2004 to 2008, from the National Health Plan 2004 - 2010 (PNS).

Regarding unforeseeable yet deadly complications like heart attacks and strokes, the evolution over the past years has been positive, with fewer people dying from such problems.

Yet regarding other illnesses, like cancer of the colon, cervical cancer and alcohol-related diseases, the scenario is somewhat grimmer, yet still there is now a tendency for people in Portugal to die at an older age.

Based on the analysis of 27 different indicators of health and longevity, the PNS concluded that "the tendency is generalised. People are dying at an older age".

Eight-five percent of the indicators showed a drop in the age of mortality.

Between 2004 and 2008 only three indicators continued to show high death rates before the age of 65, these being colon and cervical cancer, and alcohol-related diseases.

Within the younger generations great improvements have been made and noted over recent years, and the overall aim is to maintain the positive progress that has been made.

New equipment, specialized services in obstetrics and gynecology, new vaccination campaigns and improved pediatric care have all helped reduce mortality in children.

Within the teenage group, young adults and adults, road accidents are a huge contributing factor to the mortality rate, though between 2004 and 2008, 602 fewer individuals in those age groups died on the roads.

The effect of AIDS on the population has also diminished, being reduced from a fatal disease that once killed within a few years, to presently being classified as a chronic disease.

## EU should clarify Afghan vision to avoid 'permanent subordination' to US says Minister

Portugal this week urged its EU partners to clarify the bloc's objectives in Afghanistan in order to avoid "permanent subordination" to Washington's policies.

"I think the EU should assume with greater clarity what is the strategic framework that justifies the presence of European forces in this theatre", Minister Amado said at a meeting of EU counterparts in Brussels.

He said such a vision was needed to avoid "permanent subordination to the strategic vision that the United States projects about its own interests in the stabilisation of Afghanistan".

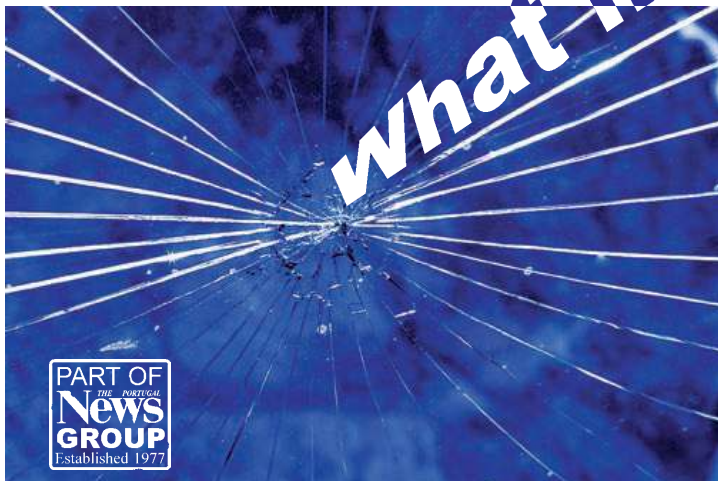
The EU foreign ministers meeting aimed to determine the bloc's stance before an international conference on the Afghan conflict that opened in London last

Thursday.

Minister Amado described the conference as "very important", saying it was crucial that all countries involved in the conflict "assess the conditions" on the ground and "reflect on the steps necessary" to "assure a solution to the problem".

He said a solution would be primarily "political", but that "strong military action" was required to create conducive conditions.

Luis Amado represented Lisbon, which has forces deployed in Afghanistan, at the London conference. TPN/Lusa



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## New move for drivers' licences

Drivers can now exchange their old driving licences for new ones in post offices, thereby avoiding inconvenient trips to IMTT (Portuguese DVLA) offices in the country to pick them up.

The IMTT and the CTT signed a contract last Wednesday which allows drivers to change their old driving licences for replacement ones at post offices closest to their area of residence.

With this new option, the delivery of re-issued driving licences to drivers is made easier and they can keep their old docu-

mentation until the new one arrives.

According to the IMTT, trading driving licences at post offices can only be made by drivers renewing their licence, replacing it due to change of circumstances (name, change of address, new category of licence) and for rectifications.

Drivers can apply for the renewal or replacement of their driv-

ing licence either online on the IMTT's services website (only available for EU standardised licences), at one of the seventeen IMTT offices in the country, Citizens Shop, Citizens' Care Posts and driving schools.

Up until the post office scheme, drivers needed to go to the IMTT's district offices to pick up their re-issued licence.



# British MPs move to restore Portugal's forts



A group of British lords and MPs have this week pledged to pull together to raise funds aimed at restoring Portugal's historical military constructions, along the Torres Vedras line, after alleging it may have been because of these forts that the UK was saved from Napoleon's military advances.

Technical help and fundraising has been offered by the British parliamentarians in a ceremony that took place in the House of Lords on Monday this week.

The ceremony was headed by Lord Roper, who helped launch the 'Friends of the Torres Vedras Line'.

Torres Vedras Line was the name given to the defence system installed in that area of Portugal and which in its day comprised 152 forts. It is believed that 200 years ago this 'Line' allowed Lisbon to be defended from invasion by Napoleon's troops. At the time Lisbon was being defended by a Luso-British army, under the command of General Wellesley, the future Duke of Wellington.

These men were dispersed throughout the counties of

Torres Vedras, Loures and Vila Franca de Xira.

The idea to promote the 200<sup>th</sup> anniversary of this event as well as the conservation of the forts was the result of a visit by British members of parliament to Portugal in July last year. During their visit renovation work to the structures was already ongoing.

Speaking of the support group, Tim Boswell, Conservative MP, told Lusa news agency "For now it is a minority of enthusiasts", but pledged that efforts would be made to bring more dynamics the group.

Renovations presently being carried out on the forts have already benefitted from a €1.5 million donation from Norway, Iceland and Lichtenstein, as well as a €500,000 contribution from the Portuguese Government.



The Houses of Parliament in London on 20 May 2009, MPs' expenses were being discussed. (Photo: EPA/Andy Rain)

## Macao looks to boost Portuguese teaching

**Macao's director of education services, Sou Chio Fai, said last Friday he wants to increase the number of young people studying Portuguese in primary and secondary schools from six percent.**

In comments to the Lusa News Agency, Sou said around 2,620 pupils are learning Portuguese at state schools geared to produce bilingual civil servants. Another 1,690 students of Portuguese are enrolled at 16 private establishments in the territory. The Macao government

provides Portuguese teachers for private schools wanting to make the language an optional or compulsory subject, he added.

Some six percent of Macao's schoolchildren presently study Portuguese up to secondary level, the same official said.

TPN/Lusa

But the retired historian and former Colonel Gerald Napier encouraged the UK's lords and MPs to "convince British authorities" to contribute towards something he described as "so very important to the UK".

"The UK benefitted from the creation of the Lines and the de-

feat of the French", he emphasized.

Jointly created by the Portuguese and the British, the 'Linha' defence system helped stop the French invasions and subsequently overthrew Napoleon.

Portuguese Governmental representative, head of Parlia-

ment Jaime Gama, who was present at the British Parliamentary ceremony on Monday, expressed his wish that this initiative "be a useful contribution towards international participation in which all efforts are being made in Portugal to preserve historical heritage".

Accompanied by fellow MPs José Ribeiro e Castro (CDS/PP) and José Luís Arnaut (PSD), the Portuguese parliamentary chief met with his British counterparts, John Bercow from the House of Commons, and Baroness Hayman, from the House of Lords.

## Hidden Face corruption report to be public 'soon' - Minister

A report on state-owned companies implicated in the Hidden Face investigation will be made public "soon", according to Portugal's public works and transportation minister.

Minister António Mendonça told reporters last Thursday that the broad audit ordered by the government last November had been completed and was being analysed.

Complimenting the state companies for their "rapid and complete" cooperation with the audit, Mendonça said the findings would be made public "soon".

The Hidden Face case broke last October with a series of nationwide police raids into an apparent network of illicit waste management and scrap metal deals involving firms with state shareholdings.

Two members of former Socialist governments are among 15 people declared as formal suspects. TPN/Lusa



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# Obama's Middle Eastern Adventure

Barack Obama had worse failures to address in his State of the Union message on Wednesday, but a few days before he owned up to the most foolish miscalculation that his administration had made in its first year in power. In an interview with Joe Klein of Time magazine, he confessed that he had not understood the obstacles to an Israeli-Palestinian peace settlement.



Palestinians wave their national flags as Israeli soldiers stand guard during a protest against Israel's separation barrier in the West Bank village of Maasarah, near Bethlehem, 22 January 2010. Israel says the barrier is needed for security, but Palestinians think of it as a land grab that undermines their promised state. (Photo: EPA/Abed al Hashlamoun)

"The Middle East peace process has not moved forward....For all our efforts at early engagement, (it) is not where I want it to be," Obama said. "If we had anticipated some of these political problems on both sides earlier, we might not have raised expectations as high."

But why didn't he anticipate them? Is there really nobody in Washington who could have told Obama the truth about the Middle East? Every non-American commentator who knows anything about the region has been saying for the past year that there is absolutely no chance of a breakthrough in the "peace process" at the present time. In fact, it is probably dead for a generation.

The answer, I fear, is that there really is nobody in Washington who can tell President Obama the truth about the region. Nobody, that is, who would be allowed through the cordon of academic "experts", think-tank pundits and State Department and Pentagon officials who devoutly believe in an orthodoxy that sounds quite reasonable on the Potomac, even if it makes no sense whatever in terms of Middle Eastern reality.

For example, Obama wanted the Palestinian president, Mahmoud Abbas, to enter direct peace talks with the Israeli government, even though he knew that Abbas only ruled around 60 percent of the Arab population of the occupied territories. The other 40 percent, in the Gaza Strip, have for the past several years been under the control of the radical Islamist movement Hamas, which rejects a permanent peace settlement with Israel.

So what was Abbas going to do? Sign a peace treaty with Israel, and get the Israeli army to impose it on the Gaza Strip? He certainly hasn't the military forces to do it himself. And why would he sign a "separate peace" with Israel—and turn himself into an eternally reviled traitor to the Palestinian cause—just to serve Obama's agenda? No wonder he has been saying he wants to resign for the past year.

Similarly, why would even the most pro-peace Israeli government make a deal with Abbas, who cannot deliver the assent of all, or at least most, of the Palestinians? Yitzhak Rabin himself would not have signed a peace treaty with Abbas under current circumstances, because he would have understood that it could not last.

Binyamin Netanyahu, the current Israeli prime minister, does not bear even a passing resemblance to the martyred Rabin, and the coalition he leads is not particularly "pro-peace." It depends on the hard right and the settler parties for its majority in the Knesset (parliament), and it is not going to sacrifice its vision of a greater Israel to the whim of some passing American president.

Netanyahu spent his last term as prime minister in 1996-99 sabotaging the Oslo accords

that promised Israeli recognition of an independent Palestinian state. He is an adroit politician who knows how to modify his rhetoric in English to mollify Washington, but he has not changed his basic position. Why should he? Washington cannot compel Israel to do anything it doesn't want to.

It is Israel, not the White House, that controls US policy on Arab-Israeli issues, due to its huge influence in Congress. Only one US president in the past generation, George Bush Sr., has successfully defied Israel. His threat of sanctions brought the Israelis to the negotiating table after the Gulf War of 1990-91—but he is convinced that that is why he lost the 1992 election.

Obama has had to re-learn that lesson over the past year. He began by backing the Palestinian demand that Israel halt new settlement building in the occupied territories before the start of peace talks. After all, the peace talks would be about granting Palestinians sovereignty over those territories, among other things. For forty years they have watched more and more of their land disappear under Israeli settlements, and they are a bit sensitive on the subject.

Netanyahu simply said no. Then, after six months had passed, he made a tiny concession. Israel would not start any new building projects in the more rural parts of the West Bank for ten months, although it would continue work on all current projects to expand the settlements. It would not accept any limitations on its freedom to build new Jewish neighbourhoods in East Jerusalem.

It was virtually meaningless: I promise not to steal from you on Thursday afternoons. But Obama had learned his lesson by then. It gave him an excuse to switch his position and demand that Abbas drop his preconditions for entering peace talks too, as if Netanyahu had dropped his. Blame the Arabs for intransigence, and move on.

The question is: what deluded adviser told Obama that there was any point in embarking on this foredoomed enterprise? The answer, unfortunately, is that it could be almost any of the recognised "experts" on the Middle East in Washington. They have been spouting nonsense for so long that it sounds like sense to them.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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# Lisbon collects the award for World's Best Hostel for 2<sup>nd</sup> year running



Hostel owners and managers from around the world were in Dublin this week to attend the most eagerly anticipated event in the budget accommodation industry calendar. The 8<sup>th</sup> annual Hoscar (HOSTelworld Customer Annual Ratings) awards ceremony took place to recognise the best hostels in the world, voted for by 1 million Hostelworld.com customers in 2009.

The Portuguese capital proved yet again to be the jewel in the crown for budget-conscious travellers across the world when it claimed five of the top ten spots.

For the second year running Lisbon's Travellers House Hostel received the top honour when it was announced as the best hostel in the world.

Rossio Hostel and Lisbon Lounge Hostel gave the popular backpacking destinations an impressive one, two, three. Also featuring in the top ten were hostels from Florence, Budapest, Krakow, Riga and Cardiff.

Over 23,000 venues from across the globe featured on Hostelworld.com were eligible for the awards.

The winning hostels were voted for by those who matter the most: the Hostelworld.com customers who booked their accommodation online and rated and reviewed the hostels after their stay in 2009 based on six criteria – character, security, location, staff, fun and cleanliness.

Joao Pires, the manager at Traveller's House Hostel in Lisbon said: "We are very proud to win the top hostel in the world for 2 years in a row – proud for our hostel, proud for our team and proud for the city and all Portuguese people. It's an honour to be recognised in this way." He continued: "We work in a very passionate environment. The people who work in our hostel get great enjoyment out of hosting guests and showing them the best our city has to offer. We always try to accommodate people the best we can."

Alongside the top ten hostels in the world, Hoscars were awarded the top 3 hostels on each continent in categories including 'Best location', 'Most fun' and 'Most improved'.

Hostelworld.com's VP of Ac-

commodation Relations, Carmel Dunne commented "The Hoscar awards are extremely important to both hostels around the world and their customers. They are based on user ratings and reviews, a key reason why customers book with us. No other hostel booking site offers the depth and breadth of hostels available to book on www.hostelworld.com or the volume of reviews, made directly by Hostelworld.com customers following their stay. Congratulations to all this year's winners".

The Hoscars took place in conjunction with Hostelworld.com's 6<sup>th</sup> annual Hostel Conference and was attended by over 400 hostel owners, managers and industry professionals from around the world.

This year's conference took a look at the future of travel and what changes are driving the travel industry, in particular social media and mobile marketing. Industry leaders looked at how the 4 billion mobile handsets in use across the world are now an integral tool for the travel marketplace and the effect this will have on the budget travel sector.

The top ten worldwide hostels were as follows: Travellers House, Lisbon, Portugal; Rossio Hostel, Lisbon, Portugal; Living Lounge Hostel, Lisbon, Portugal; Academy Hostel, Florence, Italy; Carpe Noctem, Budapest, Hungary; The Riverhouse Backpackers, Cardiff, Wales; Lisbon Lounge Hostel, Lisbon, Portugal; Greg & Tom Hostel, Krakow, Poland; The Naughty Squirrel Backpackers Hostel, Riga, Latvia and Lisboa Central Hostel, Lisbon, Portugal.

The title of the most secure hostel in the world also went to Travellers House in Lisbon, while the one with the best character was the Living Lounge Hostel in Lisbon.



The music lounge in the Lisbon's Travellers House Hostel, winners of the World's Best Hostel award.

## BMW 5 Series to be unveiled to the world in Lisbon

Around 750 journalists and 7,000 dealers from around the world will be going to Lisbon over the following ten weeks, until 24<sup>th</sup> March, for the worldwide presentation of the new BMW 5 Series.

The BMW Group Portugal announced last week that the 5 Series Sedan launch will be the biggest automobile launch ever in Portugal, because, "for the first time ever, as well as the worldwide presentation to dealers."

A total of 280 of the new models will be test-driven by 7,720 guests from 50 countries.

All 750 journalists, who have been arriving since January 18<sup>th</sup>, will be coming to Portugal in several groups until February 13<sup>th</sup>, followed by over 7,000 dealers from around the world between February 14<sup>th</sup> and March 24<sup>th</sup>, to get acquainted with the car.

Lisbon was chosen for its good weather, improved

roads, high quality of hotels offered, proximity to the Estoril racetrack (for track testing) and a large airport with good connections to the world's capital cities.

Another important deciding factor was the contrasting landscapes of the region, from the design and architecture of the Portugal Pavilion to the natural characteristics of Sintra and Cascais.

The first BMW Group worldwide presentation held in Portugal was the new generation MINI, in 2001, and the country has since been chosen to show the world the BMW Z4M Coupé (2006), Series 1 and 5 (2007) and the Series 5 Gran Turismo (2009), as well as the G450X and S1000RR motorbikes in 2009.



The internet room at the hostel.

## Taxi driver arrested for fee fixing

A Lisbon taxi driver was arrested on suspicion of having fixed his fees following a nation-wide intervention carried out by ASAE health and safety inspectors.

Thirteen cabs and five fare meters were also seized in the swoop.

In a press release ASAE revealed that on 15<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> of this month it carried out a nationwide operation that targeted the taxi industry. During the intervention 649 drivers and their

vehicles were inspected. As a result, one criminal investigation was launched.

Furthermore, 20 fines were issued, mainly for "lack of metrological control on the meters".

The swoop was carried out simultaneously, by several teams in various regions of the country.

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# Economy Minister completes Venezuela visit



Economy Minister, Vieira da Silva, during the inauguration of the Tourism Trade Fair (BTL) which took place from 13th to 17th January at the Nations Park in Lisbon. (Photo: Lusa / André Koster)



Portugal's Economy Minister staged a two-day visit to Venezuela late last week which was aimed at further boosting expanding business ties.

"First we're going to talk to Venezuela's authorities and then with the [resident] Portuguese community", José Vieira da Silva said before departing Lisbon, pointing to the food, energy, services and pharmaceutical sectors as areas of prime interest.

The minister was accompanied by a 20-strong business delegation.

He said Portuguese exports to Venezuela, home to a large expatriate community, had expanded from less than €20 million in 2007 to more than €100 million last year, following the signing of a series of bilateral business accords in 2008.

TPN/Lusa

## Consumption, economic activity indicators up in December

Private consumption and economic activity indicators in Portugal rose in December for the eighth successive month but consumer confidence levels continued to fall, the Bank of Portugal said last Friday.

The private consumption indicator stood at 2.5 percent

last month with the economic indicator rising to 0.2 percent.

But consumer confidence and economic sentiment indicators worsened in December after several months of improvement, Portugal's monetary regulator said.

TPN/Lusa

## IRS 2009: Expenses

by Dennis Swing  
Greene

### Nº 2: TAX CREDITS FOR MEDICAL EXPENDITURES

We arrive at perpetual question on everyone's mind: *How can I save on my taxes?* Of all the credits and deductions available, medical expenses are customarily the single largest. However, before examining the ins and outs, let's examine some of the basics about claiming credits.

#### Questions & Answers:

*What kinds of medical expenses are eligible for a tax credit?*

A 30% tax credit is allotted on the following non-reimbursed medical expenses:

- services from medical professionals such as doctors, dentists, physiotherapists
- laboratory analyses, surgery and hospitalisation, dentures and orthodontic braces
- eyeglasses and hearing aids (when accompanied by a doctor's prescription)
- prescribed medical treatments
- prescribed and un-prescribed medications (5% VAT)
- prescribed treatments taxed at 20% VAT (subject to restrictive limitations)
- ambulances and special transport
- necessary travel outside the country when treatment is unavailable in Portugal.

*What expenses cannot be claimed?*

The following expenses do not qualify for a tax credit:

- any reimbursed medical expenses

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

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- non-essential travel expenses
- non-curative products such as cosmetics and hygiene products (which are also sold in pharmacies, readily identifiable by the 20% VAT)
- "natural" remedies, such as medicinal herbs and teas or food products

#### How do I go about substantiating medical expenses?

"*Factura, se faz favor!*" Always ask for a receipt! You must be able to substantiate any claim with an original receipt which specifies the name, title and tax number of the pharmacy, laboratory or medical practitioner. Photocopies are not acceptable. If you received partial reimbursement, a summary statement from the entity, detailing expenses not repaid by the medical plan is necessary.

*Last year I had a major operation. Is there an upper limit to the tax credit?*

No. While you can always take a credit or deduction to which you are entitled, you should keep in mind that higher claims can provoke an audit. Be certain that all of your claims are fully documented.

#### I had medical treatment abroad. Are these expenses allowable?

While there are medical expenses from abroad that you can claim, the authorities may ask to have translations and authentication of documents. This can be a tedious and expensive process, making it advisable to omit any trivial claims.

#### Where do I report medical expenses on my tax return?

All expenses are reported on *Anexo H*. Always report the full amount paid. *Finanças* will calculate the credit for you. While you need not submit your receipts with the tax declaration, you are required to keep these records for five years in the event of an inspection.

#### Next: Tax Credits for Education Expenses

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for *euroFINESCO*s.a.. Private consultations can be scheduled at in *Guia (Albufeira)* 289561333, *Lisbon (Chiado)* 21342421 and in *Funchal (Sé)*, *Madeira* 291221095, by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

## EU steps up border controls on imports of non-animal origin

As of this week, all European Union Member States will step up their border controls on a number of pre-listed products - ranging from peanuts to fruit and vegetables - originating from outside the EU in an effort to limit possible harm to human and animal health.

These controls are part of an EU Regulation which entered into application this week and provides, for the first time ever, a set of common rules for official

controls on imports of certain foods of non-animal origin.

As a result, checks on documents accompanying the consignments will be carried out systematically on these products at EU borders, while physical checks will be performed less frequently.

The increased level of checks is to ascertain the possible presence of a number of substances that may pose a risk to human and animal health, such as aflatoxins in nuts and pesticides in fruits and

vegetables.

The European Commission intends to monitor regularly the implementation of this Regulation by Member States.

With experience acquired at national level and by relying on the most recent available science, the Commission will maintain quarterly reviews of the list of concerned products to ensure that a high level of consumer and health protection is guaranteed throughout the EU.

## The American tax system

The system of taxation in the United States is complex and evolving. From the 1790s to the First World War, tariffs were the primary source of revenue for the US government.

In the 1860s an income tax on wages was levied to pay for the costs of the American Civil War: 3% on incomes over \$800 and 5% over \$10,000. In 1913 after four years of wrangling, Congress ratified the Sixteenth Amendment to the Constitution empowering the government to tax income from whatever source.

A 1% tax was assessed on incomes above \$3,000 and a surtax of 5% on anyone fortunate enough to earn or receive \$500,000 a year. Paying for the staggering costs of World War I prompted Congress to tax incomes over \$1,000,000 at 77%.

In the ensuing years, this top marginal rate fluctuated. In the year the Great Depression began in 1929, the rate had fallen to 24%. Yet it steadily increased even through the Depression years until reaching 94% in 1945. During the war

years, President Roosevelt proposed a 100% tax on incomes over \$25,000 to pay for the war effort. Until 1964 the top marginal rate fluctuated around 90% and then was steadily lowered until the presidency of the Lonesome Cowboy (Reagan) pegged it at 28%.

In 2009 progressive income tax rates are for Married couples filing jointly: 10% on the income between \$0 and \$16,700; 15% on the income between \$16,700 and \$67,900; *plus* \$1,670; 25% on the income between \$67,900 and \$137,050; *plus* \$9,350; 28% on the income between \$137,050 and \$208,850; *plus* \$26,637.50; 33% on the income between \$208,850 and \$372,950; *plus* \$46,741.50; 35% on the income over \$372,950; *plus* \$100,894.50.

These rates are based on taxable income. First a taxpayer must include all items of income on the appropriate lines of the tax form: wages, interest, dividends, self-employment, capital gains, pensions, rents and royalties, and literally anything else. Total income may then be reduced by an amalgamation of deductions for education, moving, health sav-

ings, student loan interest, etc. The resulting reduced income can then be further lowered by a Standard Deduction that differs depending on filing status and Exemptions for dependents; arriving at taxable income.

What is unique about the American tax system is that it taxes US citizens on worldwide income. Most other countries only impose world-wide taxation on residents; taxing their citizens on income sourced to their native country. This US citizenry requirement has the unwanted effect of imposing American tax filing requirements on Americans who live abroad and who derive no income from US sources. Although any taxes resulting from income tax reporting may be offset by taxes paid to a foreign country, the system is not foolproof. In certain situations, double taxation can occur.

Barron Harper is a US International Tax Specialist serving the American expatriate community. [www.taxbarron.com](http://www.taxbarron.com) / [taxbarron@yahoo.com](mailto:taxbarron@yahoo.com)



# Country saturated with shopping malls



The shopping centre market in Portugal has, according to a retailers enquiry, been saturated; four in five retail companies believes there is no longer room for more malls.

According to the latest 'Retailers' Enquiry 2009', created by real estate consultancy company Cushman & Wakefield and based on answers from more than 80 different retail companies, 79 percent claim there is no longer room in the market for new shopping centres to take shape.

Ten percent of those included in the inquiry said they were considering reducing the number of stores in their chains, and believe that it has got to a point where the shopping centres are harming national commerce.

A growth in available retail spaces was what most affected

the commercial sector in 2009, followed by family debt, unemployment, and a drop in consumer confidence. Factors such as high street commerce declining and inflation are now widely considered to be less worrying to the retail industry than they were in 2007 and 2008.

Answers given by those included in the survey depict an unfavourable scenario; in the previous two annual surveys reducing the number of shops comprising a chain was never an option. Last year's Retailers' Enquiry showed that 10 percent of the companies questioned were con-

sidering downsizing their empires.

However the majority of brands are standing steadfast in their decision to invest in growth. According to other conclusions

drawn from the report, many retailers are still looking for new opportunities, either via expansion, within new markets, or by re-vitalising traditional high street commerce.

## Beja Airport nears conclusion still without an official launch date

Three years after the first brick was laid Beja Airport is nearing conclusion, though which airlines will operate from the Alentejo's first international airport and the actual opening date still remain a mystery.

Airport management company ANA spokesperson Rui Oliveira told The Portugal News earlier this week "The airport is still in the process of being certified by INAC [National Institute for Civil Aviation], this is ongoing, at the same time other meetings are being held with companies interested in operating from the airport, but we cannot reveal more than that".

These include businesses interested in working at the new passenger terminal, maintenance companies, aircraft painting companies, and pilot training.

Rui Oliveira also said that ANA had been making contact with four operators, travel agents and airlines to "promote the Alentejo and create conditions for demand for direct flights to Beja".

At present Beja Airport is, according to José Queiroz, President of EDAB (Beja Airport Development Company) "practically complete" and should be

finished "soon".

There is, however, no official date for operations at the airport to start.

The infrastructure is now just awaiting final finishing touches, though INAC's certification is vital for its functioning.

"When the inspections are completed, if everything is in order, provisional documentation will be issued", José Queiroz explained.

The airport's full licensing "depends on the conclusion" of the certification process, as well as the "formal inclusion" of the passenger terminal, a re-adaptation of the existing infrastructures that were a former military base (Base Aérea no.11) and which will remain under military management.

The civil facet of the airport will be managed by ANA, which also manages Faro, Lisbon and Oporto, as well as the Azorean airports of Ponta Delgada, Santa Maria, Horta and Flores.

In December last year one of the airport's project leaders predicted the certification process, at the time ongoing, would take around nine months to complete.

Work to convert the military

base into a civil airport officially started on January 26<sup>th</sup>, 2007, when Prime Minister José Sócrates placed the first brick. At the time the Government predicted the airport would be finished and operational by the end of 2008.

Various phases of construction suffered setbacks, incurring a series of delays in completion.

The construction of Beja Airport, located five minutes from Beja city centre, was given a budget of €33.1 million, financed by the European Regional Development Fund (FEDER), as well as a Central Administration development investment and expenditure programme, in 2006, 2007 and 2008.

Initial hopes that Beja Airport would open in 2009 were dashed after a series of "planned delays" saw its predicted opening date pushed forward to 2010.

In an exclusive interview with The Portugal News, held in Beja in late October last year, José Queiroz confirmed "It will be next year".

"I don't know exactly when, as it hasn't been discussed, but it will preferably be during the first three months of next year".

"I don't think it is necessary to look beyond that deadline", he said.

He also revealed that due to its infrastructures, namely the runway, the airport could eventually accommodate long-haul aircraft such as the wide-body Airbus A340 or the high-body Boeing 747.



A view of the Odivelas Shopping Centre which opened to the public in 2003. (Photo: Lusa / António Cotrim)

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# Algarve University develops coastal risk alert system



The coastal risk alert system will enable authorities to determine the consequences of a storm to coastal areas three days in advance, explained Óscar Ferreira,

coordinator of the Portuguese division of the Micore project. "The system will determine whether there is the possibility of erosion, retreat of the coast

line, material damage or ocean swells during a storm" said the researcher at the Navy and Environmental Research Centre of the Algarve University.

The Algarve University is developing a system, together with other European partners, which will alert authorities and populations of incoming storms, giving them time to prepare for adverse weather conditions.

For such predictions to be made, the system will be using data from weather forecasts, currents, and wave propagation and coastal erosion models, as well as studying the geology of the coastal area at risk.

The system is to be developed in coastal regions of nine European countries: Portugal, Spain, Italy, France, Britain, Belgium, Poland and Bulgaria, but is hoped to be implemented in most coastal European countries, and even the world, in the future.

By being able to predict the outcome of a specific storm days in advance, the Civil Protection and coastal authorities will be able to take precautionary measures and warn the

populations before the storm strikes.

To develop the system, which will begin in around six months, an assessment in the variation of storms in the past 50 years was made and it showed that in the South of Europe there is a diminishing tendency for violent storms. "There is a tendency for increasingly stronger storms in the North Atlantic, contrary to the South, where a slight diminishment is predicted" said Óscar Ferreira, adding that the energy and duration of the storms in the Algarve could decrease.

Speaking of successive storms that have caused great damage to regions, such as the ones felt in the Algarve during the months of December and

January, the researcher said that these could happen, on average, every three or four years. Successive storms are the most damaging ones as the coastal regions do not have enough time to recover their defences, such as sand banks, and so are more dangerous and damaging to the region than periodic storms.

According to Óscar Ferreira, the field work phase is now complete and consisted of systematic surveys of underwater and abovewater areas, and, in Faro beach's case, the collection of images from strategically placed cameras.

The system should be ready within a year, when it will be presented to Civil Protection and coastal authorities.

## Squatters refuse to leave

Eleven families are refusing to leave the Golf-Mar building, located in Quarteira, despite receiving an eviction notice which requested them to leave voluntarily by Friday 15<sup>th</sup> January.

Having not paid rent for the past three decades, the eleven families living in the building in Quarteira are mostly descendants from the first generation of squatters who forced their way into the uninhabited building.

Over the weekend, Social Security employees and council workers from Loulé evaluated each case individually.

Teresa Menalha, councillor of Loulé, says that the council will now be forced

to carry out a coercive eviction in the near future and that the families will have to look for a house to rent, regardless of their economic difficulties.

Social Security will ensure the payment of the first two months of rent in their new homes and the council will provide logistic support. After that timeframe, each family will have to take full responsibility, with the more needy ones being able to resort to other social care programmes.

If the problem is not solved according to plan, "means for

the court order to be completed will be activated, although it will be guaranteed that the people will not be sleeping on the streets" said the councillor.

The Golf-Mar building is widely considered an example of the city's urban decline and the constant setback of the court case between the owners and tenants has led the building to reach a terrible state, now considered a hazard to public safety.

## Dignitaries visit new hospital in Faro



Dr. João Bacalhau (C), Chairman of the Board of Directors of Hospital Particular do Algarve, this week welcomed (left to right) British Consul Paul Rodwell, Annelies Wethmar Reugebrink, Honorary Consul of The Netherlands and Michael Bruno Bach Honorary German Consul on a visit to the new private hospital in Gambelas, Faro during which they were shown the hospital's facilities rated amongst the best in the country. Also pictured are Dr. Luis Miguel Farinha, Financial and Administrative Director for the hospital and Marília Pais Cabrita, Marketing Director of the hospital.

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# Massive Praia da Luz drug bust



The result of an operation carried out by a department of the Judiciary Police ended with a total of 1.5 tonnes of hashish being seized in the village of Praia da Luz, western Algarve, last Saturday.

## Failed robbery at Portimão BP station

A burglar was caught red handed last weekend whilst trying to break into a BP petrol station on the V6 road in Portimão.

The robber had just broken the glass of the convenience store at the BP petrol station when he was surprised by a PSP patrol car, which had been alerted of the break in as soon as it had happened, due to the alarm system.

The burglar had not even entered the small shop when the PSP arrived and escaped by jumping over a two metre wall which leads to the 'Parque da Juventude'. He was caught by the officers minutes later, at around 22h40. He tried to escape again whilst being de-

tained so the officers were forced to handcuff him.

"The glass of the establishment was broken with a wooden palette and the damage is thought to be of around €800" stated the PSP, adding that "the suspect refused to cooperate with the authorities, such as refusing to speak and supplying any identification."

The suspect was taken to Court and released after providing his details and address. He is thought to be from Eastern Europe.

Judiciary Police and Maritime Authorities surprised the drug smugglers as they were unloading the large packages of hashish from an 8.5 metre speed boat onto a four-wheel-drive jeep in Praia da Luz in the early hours of Saturday morning.

A total of four men, all of Spanish nationality and aged around 20 years old, were arrested, and two vehicles and two speed boats were seized, as well as the drugs.

"It is a vessel [the larger one] that had already been referenced and which left an Algarvean port on 22nd January. Given the knowledge we have of these type of operations, a surveillance operation was set up, waiting for it to return to the Portuguese coast, which eventually happened at dawn on Saturday" explained José Ferreira, coordinator of the Drug Enforcement Agency of the Judiciary Police.

During a press conference, which was held at the Portimão Port, the location where the drug smuggling boats were taken by authorities, José Ferreira said that "three of the detained are from Galicia and the other from Cadiz" and they "were approached by authorities whilst unloading the drugs from the smaller vessel onto the four-wheel-drive vehicle."

The criminals tried to escape but were completely surrounded by officers on land and sea. "After the arrest, the teams searched the beach and found a further four packs of hashish and two petrol tanks" added the coordinator of the operation.

Questioned on the reason why the criminals used Praia da Luz beach to drop off the drugs, José Ferreira reckoned it was due to its closeness to the main access roads of the Algarve, although he said there were still no certainties as the case is still under investigation.

The men and the drugs were



Navy and Judiciary Police joined forces in Praia da Luz last weekend to intercept a drug smuggling operation. Two boats transporting large amounts of hashish were seized. (Photo: Luis Forra/Lusa)

taken to Lisbon as the investigation was initiated by the Investigation Bureau and Penal Action Department of the Judiciary Police, which is based in Lisbon.

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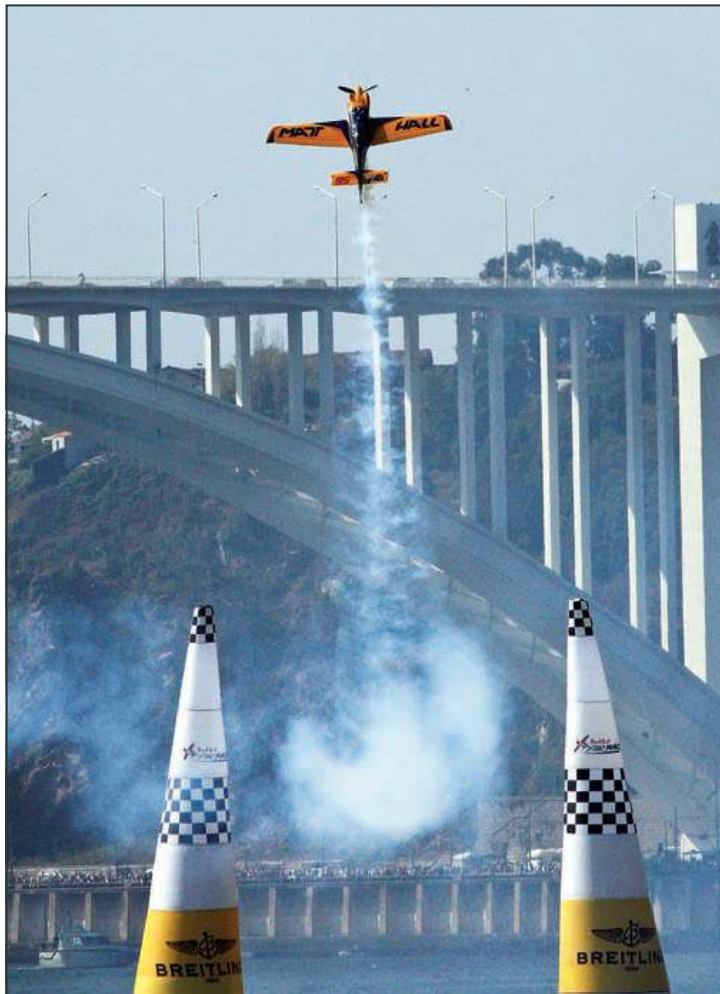


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A plane flies upwards into the skies during the 2009 Red Bull Air Race, in Oporto. (Photo: João Abreu Miranda/Lusa)

## New problems for Red Bull Air Race



The Government has recently announced that the Red Bull Air Race might not be taking place between the 25<sup>th</sup> April bridge and Belém Tower, in Lisbon, due to safety reasons.

The Ministry of Public Works has stated it is too soon to assume that the Red Bull Air Race will be taking place between the 25<sup>th</sup> April bridge and the Belém Tower and has admitted alternative locations must be contemplated for safety reasons. These reasons being the conflicting flight paths of the aerobatic planes during the race, more specifically during their loops and changes of direction at high altitude, with commercial planes, which are forced to take a low

incoming flight route in order to land at Lisbon airport.

A meeting will be held over the next couple of days, requested by Red Bull Air Race, to decide exactly where the race will take place. After the event was confirmed in Lisbon, in December, the organizers of the event informed the National Institute of Civil Aviation that it would be carrying out a study to see if the event was viable in this location. MP Ribeiro e Castro told Lusa News Agency that he had been

"warned by specialists" that the location between the 25<sup>th</sup> April bridge and Belém Tower, widely publicised as the definite location, could "affect commercial aviation and air safety."

"Despite being a low altitude event, apparently during changes of direction and loops there will be a risk of the altitude reached by the small racing planes violating the safety cone of approaching planes, affecting commercial aviation and air safety" said Ribeiro e Castro.

## St. Dominic's and all that Jazz!

St. Dominic's International School hosted a full house jazz concert this week. It was a joint venture with three local schools, St. Dominic's, CAISL and St. Julian's.

The evening started with "Unchain My Heart" sung by CAISL and was followed by five other pieces, including an original piece by the CAISL Guys Choir "That's What We Came Here For" and a cadenced rhythmic number from their Samba Band who performed the "CAISL Groove".

St. Julian's Year 10 students began with a rousing version of "New York New York". After that the audience was treated to a soulful "Cry Me a River" by student Maria Ermida, followed by a number of jazzing instrumentals by St. Julian's Jazz Band.

Stephanie Duarte, St. Dominic's Head of Arts said "This is fantastic to have a joint event like this with other schools, the students love it, and they are really motivated. It has been a pleasure to work with Joy Eddenfield, Music Director from CAISL and Jackie Correia, Music Director of St. Julian's. We are lucky at St. Dominic's to have so many musically motivated young people."

SDIS musicians started with "Blue Bossa", followed with Norah Jones' "Don't Know Why" sang beautifully by student Emily Sage who was supported by fellow

students Peter Hickling (Double Bass) Naoise Cotter Green (Saxophone) and Marcelo Rasberge (Drums).

Highlights of the evening included 14 year old students, Maria Garcia and Daniel Bugge, who created their own composition "Music".

Petite Maria wowed the audience with her lyrics and powerful voice. Daniel played the piano and created the music to go with Maria's lyrics. When asked what inspired Maria she said "I just love music, I was nine when I wrote my first song, and we were living in Holland then. Since I have been at St. Dominic's, Music and Drama are my favorite subjects and we are made to feel really comfortable about trying new approaches."

When asked what her plans for the future are she didn't hesitate "Daniel and I are working on four new songs which we hope to record".

The finale of the evening was a brilliant performance of Glen Millers "In the Mood" by Marcelo Rasberge and Naoise Cotter Green (alto saxophones) Fred Kanelas (guitar) Miguel Oliveira (drum kit) Daniel Duarte (bass) Stephanie Duarte (piano) and Peter Hickling (Double bass).

Robert Clarence, Principal of St. Dominic's added "This has been a truly inspiring evening for everyone involved. We hope to work more closely with CAISL and St. Julian's in the future on other inter-school activities; there are many benefits to the students and wider community".



## Estoril Casino hands out millions in 2009

The Estoril Casino paid out a total of over €294 million in 2009 in the gambling areas of the establishment.

With a remarkable succession of jackpots from the slot machines in 2009, the casino paid out an average of €800,000 a day. In the month of December alone, the Estoril Casino gave out exactly €24,537,135 in prizes.

Gamblers going to the Póvoa Casino received a total of €137,115,000 in 2009, having won over €12 million in December alone.

## Cascais volunteers plant thousands of trees

The 'Oxygen' programme, developed by Cascais Natura, was met with great support in 2009 as over three thousand volunteers helped plant over 50,000 trees throughout the year, a number which is expected to rise in 2010.

In a document released to Lusa News Agency, Cascais Natura said that in 2009, a total of 3,675 volunteers were involved in the 64 'Oxygen' meets, when 50,621 trees were planted, representing a total of 705,600 hours of planting.

For 2010, the company already has some new gatherings planned, with 300 volunteers having participated in January alone, giving a positive outlook for this year.

Over the year, 'Oxygen' has 26 activities planned that not only involve tree planting, but also clean-up campaigns and renovating green areas.

However, "these actions should

increase, as Cascais Natura is awaiting responses from schools, associations and companies willing to participate" explained the statement, adding "the list of 'Oxygen' campaigns for this year are ambitious but we are convinced that together with the effort of the volunteers and the coordination of this company, our objectives will be met."

## Who's Helping Haiti?

As if Haiti doesn't have enough problems of its own now, now it's become a magnet for low-life American men to give their money and their time too, apparently hoping that their generosity will wipe their unfaithfulness out of people's minds. Take Tiger Woods for example: he hasn't surfaced since late November but has recently donated 3 million dollars to Haiti relief. He's been generous before, giving hundreds of thousand to Katrina and to tsunami relief. But his latest donation also makes me wonder if he isn't trying to do some sort of financial penance, at least for a worthwhile cause. Some men I've talked to about Tiger's infidelity say, "So what?" When I heard a few like this I stopped inquiring on the male side, especially the golfers who only lament that Tiger's absence has left a hole in golf's once vibrant

life. Women have different responses, of course. Then there's the former North Carolina Senator and also a past US Presidential hopeful, John Edwards. One day he came clean and admitted that the "love child" was his and the next day flew to Haiti to help clean up there. Would he have been better off cleaning up his own mess at home? The CNN cameras focused a whole day on him, instead of on the victims who are struggling to rebuild their shambled lives. Bill Clinton had already been named by Obama as Special Envoy to Haiti. When we see images of him there, they seem all to the good. His dalliances are far in the past and Hillary appears less like a victim than a winner. She's doing a superb job as US Secretary of State. Maybe Bill missed his own limelight?

Closer to home, the cook at my neighborhood Mayura Indian Restaurant, excellent in native

food and favored by foreigners, approached me the other day. "We want to do something for Haiti," he said. Within a day the project emerged: Dining for Haiti will take place on Sunday evening, February 7 at 7.30 pm. The idea is to fill the restaurant with people for the cause of Haitian relief. The cook explained his idea further: "One half of all people spend on food and drinks that evening will be donated to Haiti relief." I was thrilled by his idea and yes, embarrassed that I hadn't thought of some way to help other than making an anonymous donation. I've read about other active efforts to help: A Minnesota couple gave away money that they saved for their wedding. Chelsea Clinton hosted a spinning class in New York with front-row "seats" going for \$1,000. The New York Times commented "So, why do we open our wallets for strangers, like Haitian earthquake survivors? Is it out



Westheimer

of empathy? Guilt? Compassion? Or something else? Experts say these kinds of acts, which make people feel like they're part of something larger, are energizing and emotionally rewarding. In addition, studies have shown that when people get together and cooperate to do good deeds, it leads to positive feelings. Regardless of your motivation, please support the Dining for Haiti initiative. All nationalities and ages are welcome. Bring your friends! Reservations are being accepted now: patwestheimer@gmail.com

ENGLISH DENTAL SURGEON

**Dr. Francis Haley**

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1<sup>o</sup>C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdahaley.pt>



## Test your test

Dutch Grand Prix Dressage Judge Jet van Oers is giving a test clinic entitled 'Test your Test' for dressage riders in the Algarve and the Alentejo.

He asks the questions: Do you want to try out your test? Are you ready for the next level? Why are you not getting the points you expect? and says: Come and test your test(s).

On Saturday 6th February and Sunday 7th February the 'Test Clinic' will take place in Odiáxere (on the 6th in a 20 x 40 arena) and Ourique (on the 7th in a 20 x 60

arena, or if wet under cover in a 20 x 40 arena) from 13.00 to 17.00.

The idea is that you ride your test and bring somebody along with a videorecorder who will tape it sitting next to the judge. You get all the comments, tips and points on tape so you can watch yourself over and over again at home.

For the ones at Ourique, Julian will take the video for you if you want but you have to ask him first!

After the test, the judge is going to work with you to improve your test on the weak points.



## Fund Raising Events for Madrugada

"Help us to Help you"

**February 18th.** Karaoke Night at the Mirage Restaurant, Praia da Luz

**February 25th.** Luncheon and more at the Restaurant Fortaleza, Praia da Luz to celebrate the 1st Anniversary of the Association

**March 18th.** Curry Night at Pashmina Restaurant, Lagos

**April 15th.** Quiz and Carvery at The Duke of Holland, Praia

da Luz

The Sponsored Slim is ongoing - just sign up and lose weight. If you would like to take part in this, please contact Alison on her e-mail: [alison@madrugada-portugal.com](mailto:alison@madrugada-portugal.com)

Please note that she will not be available to meet with you until after February 8th.

**June 12th** Madrugada Day

## Dance Algarve 2010

In 2007 the Associação da Dança Iberica was formed by three ballet teachers living in the Algarve, who were anxious to do something to promote dance. The original concept of a Dance Workshop to fulfill these ideals came from Caroline Chapman Costa, a ballet teacher from Almancil, who is a member of the Associação. The present Directors are Gwen Franco, a ballet teacher in Lagos, Gillian Anthony, an international ballet teacher and examiner for the Royal Academy of Dance, and Bernadete Bishop, who has a Masters degree in Creativity and is an Architect. The Associação is under the patronage of Armando Jorge and Margarida Sá Fialho.

From the formation of Associação da Dança Iberica, Dance Algarve was born.

The purpose of Dance Algarve is to encourage dance, with

a focus on classical ballet, and to provide the opportunity for ballet students from all over Europe and beyond, to benefit from the expertise of professional teachers of international repute. They study under these distinguished faculty members for four glorious days of dance and music at the Centro Cultural de Lagos, and other studios, kindly given for this event by the Lagos City Hall.

Dance Algarve 2010 will run from 31st March until 3rd April this year and will include Ballet, Flamenco, Contemporary and Mask Workshops

On the last night of the course the students have the opportunity to perform at the Centro Cultural. Parents, friends and invited guests attend, and the students will demonstrate the work they have studied in a lively and disciplined display.

Full information can be found at [www.dancaiberica.org](http://www.dancaiberica.org).



## Rotary International and the Youth Exchange Programme

Could you host a Youth Exchange Student?

What is Rotary? Rotary clubs are service organizations that strive to improve the quality of life in their communities, promote high ethical standards and help build goodwill and peace.

There are over 33,000 Rotary Clubs in the world. Club members, called Rotarians, are business, professional, and community leaders who volunteer their time and talents to serve others.

Rotary Youth Exchange is one of their service activities and the Rotary Club of Estoi Palace (RCEPI) has decided to participate in the programme for 2011 and to bring at least one foreign student to the Algarve to study, learn more about the country's language and culture and to broaden the student's international understanding.

Each year, about 8,000 students from over 100 countries and geographical areas participate in exchanges through the programme.

In order to facilitate the exchange, host families are needed to volunteer to take care of the student for part of their time in the Algarve. Host families need not be Rotarians, although support will be provided by RCEPI during the student's stay, which will last approximately one school year. Rotary Youth Exchange programmes are open to students ages 15-19.

To qualify, applicants will be above-average students who have demonstrated leadership in their community. Candidates should also possess qualities such as flexibility and a willingness to try new things that will enable them to fully experience life in another country and become excellent cultural ambassadors. All applicants must be sponsored by a local Rotary club and complete a written application and an interview.

A host family is a vital part of the cultural exchange, immersing the student in a variety of activities while in the host country. The host family plays a large role in offering the student a view of another country and gains the opportunity to learn about a new culture from a young leader from outside their community. Students are chosen through a rigorous selection process by Rotary Clubs in the students' region.

Hosting is a tremendous experience in which you can share in a young person's hopes and dreams and develop a lifelong connection with a student and family from another country.

If you are interested in volunteering to host a Youth Exchange Programme student, please contact RCEPI at: [info@rotaryestoiapalace.org](mailto:info@rotaryestoiapalace.org) or by telephoning +351 919 539 017 (Annette Ploeger).

## Busy Chef at The Garbe

The Head Chef at the Hotel Garbe has been busy preparing a truly romantic dinner for the Hotel's Valentine's Night on Saturday, 13th February.

Guests will be able to enjoy a three course buffet dinner with wine included followed by Dancing to live music at the cost of 25

Euros per person. For those who would like to stay overnight the Garbe is offering the special rate of 22 Euros per person per night to include breakfast.

To book please call 282 30260 or e-mail [info@hotelgarbe.com](mailto:info@hotelgarbe.com)



## "Behold I do a New Thing"

Saturday January 30th

Doors open at 7-30 pm  
at the

Wesleyan Methodist Church

Praça da Paz Bloco F nr. 20 Lagos  
50mt south of Intermarche

For Info Tel Michael on 282782845

We invite you to partake with us in the planting of "The Oasis" here in Lagos. Prophet / Teacher, John Alcock from Christian International Europe will be here to help establish this new work of the Lord Jesus Christ here in the Algarve. The Speakers will be in English and there will be translation into Portuguese. Come and have a time of refreshing of your Spirit in Jesus Christ.

## Bring your beau to a romantic Valentines Day Dinner Dance

7pm

Saturday, 13th February  
Restaurante "Por do Sol"

*Buffet includes tasty romantic treats:*

Love is in the Air ...  
Enchanting Tropical Flavours ...  
Rainbow of Salads ...  
Passion from the Ocean ...  
Romeo and Juliets Secrets ...  
From Romeo with Love ...  
From Juliets's Mirror ...  
Loving Cheese Board ...  
Finish with a Flourish ...  
Red and White Wine, Water  
and then there's:

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Hotel Garbe, Armção de Pêra

## A "Moving" Story

Tavira Christian Centre is on the move. Having been at 126, Rua Almirante Reis since October 2005, the decision was taken some while ago to seek new and somewhat more spacious premises. Pastor Jackie King told *The Portugal News* "Numbers at the church are growing but part of the reason is also the successful launch and growth of our Charity Shop, Tavira Treasure, which supports, amongst others, the Casa dos Amigos Children's centre. It now opens twice a week and we are almost at the point of having enough volunteers to open for a third session. Our present premises are getting very overcrowded with stock and the charity shop often spills over into the church area, which is not ideal".

The church itself is non-denominational and opens its doors to people from a wide variety of backgrounds. The services take place each Sunday at 10.30 a.m and usually include Communion. The format is fairly informal,

with a mix of old hymns and modern choruses, and a warm welcome is always available for visitors.

"We are feeling very excited and positive about the move", Jackie said "and looking forward to our opening service on Sunday, 7th February. We would be delighted to see anyone who would like to come, or to attend our final service in the old premises on 31st January".

The address of the new building is at Av. Mateus Teixeira de Azevedo, 61A, and is easy to find. It is in the road that runs from opposite the Railway station/Lidl's to the town centre/Post office, next door to the Pizzeria and opposite Skippers Bar.

Anyone wanting further details, to give a donation towards the cost of the move, or needing information about mid-week programmes or the Charity Shop should e-mail [jackieandmo@yahoo.co.uk](mailto:jackieandmo@yahoo.co.uk) or telephone Jackie on 281 322 857 or Steve on 917872665



## THIS WEEK'S PROFILES



## Gardeur Direct

For more information please call 282 788 630. Directions and more information can be found at [www.gardeur-direct.com](http://www.gardeur-direct.com) and the store is open 10am to 6pm weekdays, and 10am to 2pm on Saturdays.



## Júlia Caleiro

For more information on Júlia Caleiro's services, please contact her by email on [mail@algarvelex.com](mailto:mail@algarvelex.com), visit her website [www.algarvelex.com](http://www.algarvelex.com) or call +351 289 316551. Her offices are located in Vilamoura.



## Bedrooms Extra

For more information on Bedrooms Extra please call 282 762 383, email [sales@bedrooms-extra.com](mailto:sales@bedrooms-extra.com) or visit their website [www.bedrooms-extra.com](http://www.bedrooms-extra.com).



## Alan Gale

For more information on Flexident, please contact Alan Gale Denture Studio on 282 442 302, 916 717 113 or email [alan.ivor.gale@gmail.com](mailto:alan.ivor.gale@gmail.com). The Denture Studio is located near Silves and is open from Monday to Friday, during normal working hours (9am-6pm). He also does home visits.

## Gardeur Direct



In spite of the recession, the ladies clothes store Gardeur Direct in Praia da Luz, are still in business!!

At the start of 2009, recognizing the difficult times ahead for the retail trade, the store cut margins to remain competitive, and to combat the euro pound exchange rate for UK customers.

"Our customers have responded, and taken advantage of the high quality gardeur brand, at even more competitive prices" says Linda Sharpe the Store Owner.

Gardeur, a well respected German fashion house targeting the over 35's, generally retails through the major retail stores in the UK, Ireland, Holland and Germany.

"Few department stores carry the range of Gardeur ladies clothes under one roof that you will find at Gardeur Direct, and now with the end of season sale well under way there are some amazing bargains to be had before the new spring summer collection arrives" says Linda.

The store is full of bargains at the moment and well worth a visit. With a strong selection of knitwear all at

50% off and polo necks starting from €20 it is a good time to add an extra item or two to that winter wardrobe for those cooler days.

Prices are heavily discounted throughout the store, with Gardeur classic trousers and skirts starting at just €40. The ladies denim collection, with comfort and fit assured, and with straight leg and boot cut styles available are all 30% off. For the men there are top quality shorts still at €40, and only a few pairs of men's trousers to finally clear at 50% discount.

And the ladies €20 clearance rail still has around 50 items for the ultimate bargain!!

The store continues to carry the ever popular Birkenstock shoes for both men and ladies. The winter Boston style in olive, black and brown are on special offer at 50% off, and other Birnies are 20% off until new stock arrives.

With genuine Panama hats new stock arriving next month, the last ten hats remaining are all priced at €20.

So with bargains in mind, there cannot be a better time to visit the store at Rua Direita, Praia da Luz.

## Bedrooms Extra

Having been established for four years, Bedrooms Extra continue to impress by providing fantastic beds and mattresses for all ends of the market, as well as fabric sofas, dining room and bedroom furniture.

Being a traditional family run business from London since 1919, Bedrooms Extra made a move to Portugal four years ago and have since created a reputation as one of the best bed and mattress suppliers in the Algarve.

Selling reliable brands such as Rely On and Durabeds, Bedrooms Extra has products for all ends of the market, from budget mattresses (Divan for €299) to extravagant luxurious ones, such as the Rely On Grandee for just over €11,000. All beds and mattresses are in UK sizes, standards, and meet all the fire regulations required back in the UK.

Acknowledging that UK size sheets aren't the easiest to find in the Algarve, Bedrooms Extra now provide linen in all UK sizes, ready to fit UK sized beds.

All types of mattresses are available at the shop, such as orthopaedic, memory foam, pillow top, pocket, elastocil, coil or double springs, suiting all needs.

With over 100 beds on exhibition in

the three storey shop, and thousands more in a nearby warehouse, there is never a problem with lack of stock and, by having exclusive agreements with many of their suppliers, their range of products will not be found anywhere else in the Algarve.



Located in the industrial area in front of the Odiáxere motorway access road, Bedrooms Extra will definitely astound you with the complete furniture and bed packages available, great in style and better in price!

If you are looking for a traditional high-back sofa, Bedrooms Extra have some fantastic English fabric ones and recently in are also various standard sized curtain poles and rails.

Providing free delivery across the whole of the Algarve, and within 24 hours, Bedrooms Extra staff will always greet customers with a smile, who will also be smiling due to the great deal just purchased! With no hidden charges or extra costs, Bedrooms Extra is the place to go if you are looking for bedroom and living room furniture. Realising many people are not fortunate enough to buy their own beds and mattresses, Bedrooms Extra accept old mattresses from homes and deliver them to charitable associations in the Algarve.

## Júlia Caleiro – solicitor



The purchase of a property in Portugal, whether for holidays, investment or permanent living is a very important decision. With language barriers preventing the fast process of the purchase, it is important to use a Portuguese speaking solicitor as they are fully aware of the Portuguese Law and also because all the legal documents regarding properties are in Portuguese.

Júlia Caleiro is a Portuguese solicitor, who is also fluent in English, and will make the process of buying a house a whole lot easier with her experience and knowledge.

Her services extend throughout the whole buying process, such as acquiring the reservation of property and promissory contract, applying for a Tax/Fiscal number, obtaining technical and property tax certificates, certification of the license of use with the council, registering and surveying the property, transferring the deeds, among others.

With no hidden charges and all information explained to the most infinite detail, clients will never encounter

a surprise hefty bill at the end of her services.

Being a solicitor since 2003, her studies were completed in Lisbon, fulfilling her lifelong ambition.

Beginning with small jobs, her activity has grown steadily and she now represents a significant number of local companies and clients. She is aided by a hard working team which comprises lawyers, auxiliary staff that provide accurate, transparent, legal services of high quality and show their commitment to the clients, never forgetting the most scrupulous ethical principles and exhibiting dignity to the Law professions.

She considers herself a fortunate person, because she works in an area she likes, despite of all the stress, pressure and responsibilities involved. Her working days are all different; helping, solving and advising people is a very gratifying experience.

Her main working area is in the central Algarve, but also collaborates with offices in Lisbon, England and Ireland, giving her the opportunity to act on a larger scale.

## Alan Gale Denture Studio



After introducing the Flexite injection moulded denture system to the Algarve one year ago, Alan Gale has nothing but praise for the innovative denture system, which makes ordinary plastic dentures a thing of the past.

One of Flexident's biggest advantages is the fact the material is clinically unbreakable, unlike the usual plastic dentures, which break at the most embarrassing times. The composite material allows a minimal coverage of the palate and minimal thickness, all of this without losing retention. In his 35 years of denture construction, Alan Gale now stands by this product firmly, saying it is by far the biggest innovation so far; as it Flexident does not require metal clasps for retention, due to the material's high flexibility, which in turn allows the technician to design the denture using the supporting tissue. You could say that Flexident is a bespoke denture system, where design is paramount because each denture is specifically designed for each patient.

Chewing, obviously, places a strain on the remaining teeth, during eating, reason why great care and time is taken at the design stage, to ensure an even distribution between teeth and gums. The finished denture will look completely natural providing exceptional fit, function, comfort and appearance.

The following symptoms are signs that your dentures need checking or replaced: Sore and irritated gums, problems chewing certain foods, indigestion problems, thinning lips, sagging mouth, changes in facial features, loose/falling out when speaking or laughing, discoloration, bad taste, softening of the tissues.

Flexident dentures are made from a light, flexible thermoplastic (Flexite) and it fits comfortably over teeth and gums. It is clinically unbreakable and its uses are limitless, as it can be added to, or relined in full denture cases. Alan Gale provides extremely competitive prices as it is he who designs and constructs these remarkable dentures.



# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 30 Jan 2010

## PROPERTY OF THE WEEK

### Priced to Sell



LAGOS - Marina de Lagos (A -113)

Recently reduced to a price for a quick sale, this lovely and very well located 2 bedrooms apartment, located in one of the most prestigious Marinas on the south of Europe, offers great views, from the living room and it's private veranda, to the boat piers.

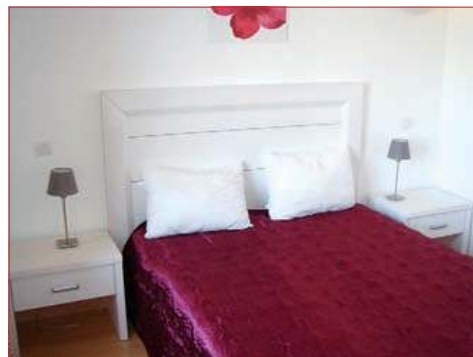
Built in 2006, still with builder's warranty, the property has a private parking in the basement, is equipped with air-conditioning and is sold fully furnished and equipped.

nished and equipped.

Ideal for holidays or a great income on summer lets, high season is rented easily by 850 €/week, this unit is part of the prestigious marina complex and allocated in Vasco da Gama building on the last phase constructed.

Call me today for a visit on this great, and maybe your next, investment.

Price – 275.000 € (open to offers)



### Character and Charm



LAGOS – Pedra Alçada (near Boavista Golf Resort) (M -133)

Located just less than 800 meters from Boavista Championship Golf Course, this charming and attractive 2 storey Villa offering very spacious accommodation is set on a lovely plot with a well designed and mature garden.

The accommodation comprises a huge living room with fire place, dining room, magnificent fully equipped kitchen, office or 4<sup>th</sup> bedroom, cloakroom and a massive entrance hall on ground floor, plus 3 bedrooms on the first floor. The master bedroom has total area of 38 sq.m. with dressing area and a stunning bathroom.

The garage, attached to the house has direct access to the hallway.

The property was recently refurbished and the finishing's used are the top of the range in quality and good taste.

For those that like a functional well equipped and well designed kitchen, this one offering from the huge espresso machine to the fitted cooker is the perfect place to spend delightful hours preparing the meals that could be

taken on the al fresco back garden or near the fabulous Jacuzzi area on the front of the house.

The cherry on top of the cake is its price; you will not find a better price/property.

Must be seen!

Price – 449.500 €

For the best advice in the Lagos area, please contact João Nunes, office manager of Re/Max Diamond Lagos, on +351 917 771 849, email [joão.s.nunes@gmail.com](mailto:joão.s.nunes@gmail.com) or visit his offices in Francisco Xavier Ataíde de Oliveira street in Lagos, next to BPN bank.



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## VILAGENTE



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8125-432 Quarteira  
Algarve - Portugal  
Tel: 289 314 486  
Fax: 289 315 578  
vilamente@mail.telepac.pt  
www.vendavilla.com



Benfarras

Lovely pre-fabricated house, situated near Vilamoura, composed of two bedrooms, one bathroom, lounge with dining area, equipped kitchen and terraces. Carport for three cars. Salted water swimming pool and various fruit trees. Furnished. Plot area - 2.400 sq.m.  
Ref: V12653 Price: € 210,000



Estói

Country villa composed of three bedrooms, two bathrooms, lounge, dining area, kitchen and terrace. Barbecue, exterior storage in wood, swimming pool and garden. Furnished and equipped. Plot area - 600 sq.m. Construction area - 143 sq.m.  
Ref: V12650 Price: € 330,000



Vilamoura

Beautiful attached villa composed of three bedrooms, two bathrooms, lounge with fireplace, dining room, equipped kitchen and laundry room. Carport, barbecue and garage in the basement. Salted water swimming pool and garden. Plot area - 480 sq.m.  
Ref: V12652 Price: € 645,000



Consequente

Beautiful villa located next to Vilamoura, composed of five bedrooms, three bathrooms, lounge and dining room with fireplace, equipped kitchen, storage and various terraces. Garage, swimming pool and garden. Plot area - 1.376 sq.m. Construction area - 243 sq.m.  
Ref: V12576 Price: € 695,000

AMI licence 7673



E-mail:  
sarah@algarvemanta.pt  
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00351 281 952 820  
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www.algarvemanta.pt



Ref: 961 - € 100.000 - Cabanas

One bedroom house with kitchenette, lounge, bedroom and one bathroom. Close to facilities and not far from the beach, communal gardens to the rear and small private patio. Needs a little decoration.



Ref: 727 - € 105.000 - Near Tavira

Fantastic condition nearly new one bedroom apartment in the development Mato Santo Espírito, restaurants and cafes nearby, equipped kitchen, lounge, veranda, bathroom and garage space.

## RENTAL INVESTMENTS



Ref: 949 - € 135.000 - Manta Rota

Only two mins on foot to beach, very good rental earner, has panoramic ocean view, sold fully furnished and equipped, completely remodelled. Kitchen equipped, satellite TV English channels, air con/heat.



Ref: 790 - € 195.000 - Manta Rota

Very generous 3 bed house, lounge with doors to large patio west facing and room for a pool, equipped kitchen, three bathrooms, one of which ensuite. 10 mins walking to the beach. Very good price.

## Elly van Hulst

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Santa Catarina

- Plot with project
- V3 villa approx. 190m<sup>2</sup>
- Beautiful mountain view
- Mains electricity
- Cisterna & fossa
- Plot 1.256 m<sup>2</sup>

Ref: TRA1151  
Price: € 169.000



Santa Bárbara de Nexe

- Lovely character cottage
- Restored, country views
- 3 bedrooms 3 bathrooms
- Pool, terrace, carport
- Garden, pond & fountain
- Cott. 120m<sup>2</sup> plot 4.400m<sup>2</sup>

Ref: C1245  
Price: € 370.000



Bensafrim, Lagos

- Cottage, T1, 3 x T2 apts
- Holiday rental & camping
- Other rooms to develop
- Total 9 beds, 5 baths
- Pool, barbecue, garden
- Bldgs. 540m<sup>2</sup> plot 2.4 ha

Ref: C1293  
Price: € 395.000



Castro Marim

- \*\*Ideal Rentals / B&B\*\*
- Large semi-detached villa
- 6 bedrooms 5 bathrooms
- Large space/extra apts
- Garden, space for pool
- Villa 387m<sup>2</sup> Plot 587m<sup>2</sup>

Ref: V1278  
Price: € 265.000



Estói

- Beautiful private villa
- Lovely views to the coast
- 4 bedrooms 3 bathrooms
- Central heating & air-co
- Pool, garage, garden, BBQ
- Plot 6.000m<sup>2</sup>

Ref: V1283  
Price: € 625.000



For detailed information, please visit our website:

www.landandhousesalgarve.com  
www.algarve-property-search.com

Tavira: 281 320 281  
Vilamoura: 289 301 294



Tavira

New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m<sup>2</sup>. Living area of 307 m<sup>2</sup> & basement of 192 m<sup>2</sup>. High quality construction and specifications. Easy access.

Ref: LHV-937 Price: € 1.200.000



Estoi

Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m<sup>2</sup>, plot: 2140 m<sup>2</sup>, enjoying Good quality construction.

Ref: LHV-1063 Price: € 1.200.000



Santa Catarina

Lovely 4-bedroom quinta (265 m<sup>2</sup>) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m<sup>2</sup>. Spacious double-height living area. Easy road access. Good value for money.

Ref: LHV-866 Price: € 590.000  
(Reduced from € 799.000)



Tavira

Luxurious 4 bedroom villa (430 m<sup>2</sup> covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m<sup>2</sup> enjoying country views.

Ref: LHV-901 Price: € 749.000



Near São Brás

Offers invited! Outstanding 3-bedroom villa (177 m<sup>2</sup>) with pool & garage (41 m<sup>2</sup>) set on a 2500 m<sup>2</sup> plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.

Ref: LHV-1066 Price: € 465.000

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info@urbinvest.net  
www.urbinvest.net

## Exclusive - Vilamoura



Luxury complex situated in front of Millenium golf course. 2 and 3 bed apartments & Townhouses. Garden, sw-pool. Large private terraces, closed garage for 2 cars. The great quality and location makes this a Unique investment.

Ref.: 2822 Promotion € 325.000

## Special - Vilamoura



Lovely 3, 4 & 5 bedroom townhouses. Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center.

Ref.: 1298G From € 357.500

## Great Price - Vilamoura



Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income.

Ref.: 2931 € 70.000

## Green Residence - Algoz



Fantastic opportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings, solar energy. Just a few minutes from Guia and Algoz

Ref.: 2784 € 230.000

## Sea front - Fuzeta



Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price.

Ref.: 2159 From € 199.500



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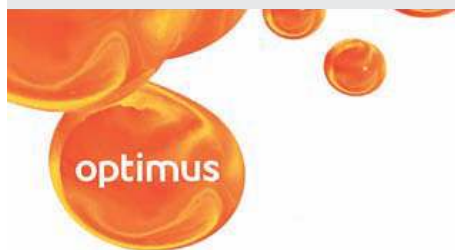


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# Design a time-saving garden

The start of the year is often the time when many gardeners plan what to grow in their vegetable and flower borders and look into changing their garden's design.



A feature path.

For many, changes in design are often made to accommodate the lack of time available to tend their garden. This can mean losing areas of lawn which are high maintenance and fiddly or time consuming to mow, replacing perennial borders with evergreens to add interest all year round, and introducing large all-year plants rather than annuals which have to be changed from season to season.

There are some who fear that a low-maintenance garden will become dull and colourless or sim-

ply a haven to paving slabs and concrete, but it doesn't have to be that way.

Gardens that are teeming with plants which need some care, including annuals, perennials and roses may look natural, but need an awful lot of cutting back and dead-heading, and carefully-clipped hedges require a lot of maintenance and time.

You can, however, create a visually pleasing space which won't take huge amounts of time to tend, and better still require less watering if you plan care-



Cranesbill geraniums.

fully.

Small, enclosed spaces are perfect for paving, which could be surrounded by raised beds, narrow borders and pots, so you can still experiment with planting but won't be weeding and digging for hours on end.

You might include different textures to your hard landscaping to create interest, such as ceramics or cobbles. Raised beds can also offer casual seating and changes in levels to an otherwise featureless space.

Low-maintenance larger gardens can be separated into compartments which can be screened from each other to provide surprises and changes in mood. Many ornamental grasses, including *Stipa tenuissima* and sedges (*Carex*), can be dotted at ground level in gravel or slate to provide textured areas.

Large single specimen plants of architectural interest, such as



The sun highlights a mini 'gorge'.



To reduce maintenance, use self-watering hanging baskets instead of free-draining ones.

Japanese maples or phormiums, stand out if placed against uncluttered backdrops and can provide a far more pleasing picture than a series of smaller pots containing a variety of different plants.

To reduce maintenance, use fences with climbing plants rather than hedges, paths of gravel or bricks instead of grass ones and self-watering hanging baskets instead of free-draining ones.

Don't make your flower borders too deep as you'll end up becoming a slave to weeding and watering. Use reliable ground cover plants such as cranesbill geranium to take up any visible soil space, and mulch your bor-

ders and areas of bare ground to suppress weeds.

Paved or decked areas, which are easy to keep tidy and weed-free, provide the hard landscaping for you to tend your surrounding plants, which ideally should include a selection of low maintenance flowering shrubs and evergreens.

Remember, though, that while some gardens can be low maintenance, no garden is 'no maintenance'. Work out how much time you are going to have to look after your garden and then plan accordingly. Take time now to make design changes and you'll save a heap of time later in the year.

Hannah Stephenson



A paved pathway between borders.



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# What is E-mail and how does it work?



E-mail has become one of the most popular uses for business and home computers. Recently, one of my clients bought her first computer for the sole purpose of being able to send and receive e-mail.

Many computer users do not understand how e-mail works. They think that the e-mail message goes directly from the sender's computer to the recipient's computer. This is NOT correct. You know, of course, that to use e-mail, you need a connection to the Internet. The usual connection is through an ISP (Internet Service Provider). You connect to the service and the service connects you to the Internet. So when you send an e-mail message, it goes first to your ISP. From your ISP, it goes across the Internet to the recipient's ISP. The recipient is able to pick up the e-mail message when he/she connects to his/her ISP. This explanation is really an oversimplification. The process is a lot more complex. Here is a quotation from a book which I highly recommend: "How The Internet Works" by Preston Gralla published by Que. "When you send information across the Internet, the Transition Control Protocol (TCP) first breaks it up into packets. Your computer sends those packets to your local network, Internet Service Provider (ISP), or online service. From there, the packets travel through many levels of networks, computers, and communication lines before they reach their final destination, which might be across town or around the world. A variety of hardware processes those packets and routes them to their proper destinations."

The connection from your computer to your ISP is NOT on the Internet. The Internet only comes into use when the e-mail is being sent from one Internet Service Provider to another. This means that if two users are connected to the same ISP and wish to send e-mail to each other, the message goes from the sender to the ISP and then to the recipient without ever going through the Internet. In other words, the e-mail message in this case goes back and forth between the users of the same ISP without actually using the Internet at all.

Here is a graphical explanation of e-mail. The three computers on the globe connected by the yellow jagged line represent computer servers connected to the Internet. The two small computers at the bottom are connected to the same ISP and through the ISP connected to the Internet. The small computer at the top is connected to a different ISP and thereby to the Internet. It becomes obvious that the two computers at the bottom can connect to each other without going through the Internet.

## Let's take a look at attachments.

An attachment is a file that is attached to an e-mail message. The file may be in any one of several conditions and formats. The file may be a text file, a graphic file, a photograph, a spreadsheet, a database file, an application, or just about any kind of file that you create, or that exists in your computer (or on a CD, DVD or external backup drive etc.). The file may be a single file in its original condition, or it may be a compressed file to make it smaller and faster to send and receive. The file may also be a compressed file that consists of several files compressed together such as a ZIP file that will decompress into the original number of single files.

When you receive an e-mail message, it will indicate if a file is attached, and that you have the option of downloading it. ISP's (Internet Service Provider) e-mail programs may vary in design, but you will usually find, somewhere with the message, the name of the file and its size.

## What is "downloading"?

It is the process of transferring the attached file from the ISP's server to your own. It usually involves clicking on the download command or button, and then indicating in a dialog box the location in which you wish to store the file in your computer. You will have the options to choose your local hard drive or external



backup drives, folders or sub-folders, file names, and file types for the storage location. If you proceed, the process may take some time and often a gauge will indicate the progress. When downloading is completed, the file will be in your computer at the location which you indicated. Many users are unfamiliar with the dialog box, and they download files which go to a default location. Then they cannot find the file. The typical default location is the **My Documents** folder. If the file was compressed, it will have to be decompressed before it can be used using a program like WinZip.

How do you use the file? It will depend on what kind of file it is, and whether you have the necessary program on your computer to open the file. Suppose that the file is a document that was written by the sender using Microsoft Word, and that you don't have Microsoft Word or any program that can read Microsoft Word documents on your computer. Then you cannot read the document. Just clicking on it won't help. Just because you received it with your e-mail, does NOT mean that you will be able to use the file. You must have an application that can open the file. If you don't have a copy of the original program with which the file was made, there are special viewers and utilities to help circumvent the problem, but then you will need one of them. A file cannot run by itself unless it is an independent application.

When sending an e-mail attachment, it is advisable to notify the recipient in your e-mail message what the file is all about, what program was used to create it, etc. Let us make an analogy to further explain the difference between an attachment and a program. Suppose somebody sent you a keyboard and mouse as a gift, but you did not have a computer. In that case the keyboard and mouse would be useless. The keyboard and mouse is analogous to the attachment file, and the computer is analogous to the program that can open the attachment file.

A simple way to learn about attachments is to send them to your-

self. Yes, you can do that! Follow the directions, read the help files, and send and receive the attachments. Try sending document files, graphics, wav and midi files, spreadsheet files, ZIP files, small applications, etc. Practice makes perfect.

Finally remember that there are also Do's and Don'ts in sending e-mail.

## The Don'ts

Don't use all uppercase letters. In e-mail, words written in uppercase represent shouting.

Don't send junk mail.

Don't send messages that might be embarrassing to you or the recipient. The Internet and the e-mail are not as private as you may think. It is relatively easy for others to read the e-mail.

There are also legal issues to be considered. It is illegal to send copyrighted material by way of e-mail. It is also illegal to send e-mails that violate privacy rights.

The e-mail can be found even if the sender deletes his/her files.

## The Do's

Keep the messages short and concise.

To convey special feelings, use smileys or emoticons, but don't overdo it.

If you use signature files, keep them short, no more than five or six lines)

Happy E-mailing ...



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# The family way



And that's just what they can do, thanks to a raft of UK Government proposals aiming to get fathers more involved in their child's upbringing from before birth and beyond.

As part of a package of measures set out in the UK Government's Families and Relationships green paper, there will be a drive to educate new fathers and fathers-to-be about the best way to support a new mother, and how to keep children safe and healthy.

Every new father in Britain will be given a Dad's Guide, which has been written by the Fatherhood Institute and aims to give tailored advice and tips for fathers ahead of their child's birth.

The guide, which is to be included in the Bounty Packs given to every new mother, will offer tips on parenting together and apart, legal information for fathers, information on juggling work and childcare, looking after the family's health, and communicating with babies.

It also plans to offer fathers more access to ante-natal classes run by midwives and health visitors, where they will be able to learn about childbirth and breastfeeding.

Such a move could boost mothers' chances of succeeding with breastfeeding, as research shows they're twice as likely to continue with it if their partners have had a one-hour lesson about its benefits before the birth.

And fathers-to-be won't be the only ones to benefit from understanding more about childbirth - mothers will gain valuable support if their partner knows more about the birth process, and studies suggest that fathers involved with the birth of a child are more likely to stay involved in its first three years of life.

Adrienne Burgess, research manager at the Fatherhood Institute, says that when fathers are well-prepared and understand the phases of labour and what their roles can be, the whole family benefits.

Nature dictates that childbirth and breastfeeding are mothers' jobs - but there's nothing stopping fathers from learning about them.

"If they understand what practical and emotional support they can give, it makes a really positive difference to the whole process," she says.

"When fathers are prepared, the mothers have a better labour."

She says it's the same principle with breastfeeding, and adds: "It's clear that when fathers intervene in the breastfeeding discussion and understand why it's important, mothers' breastfeeding rates are much better."

The Government also intends to encourage hospitals to let more fathers stay after their baby's birth, as while some hospitals already have double rooms for families to stay together, others want fathers to go home soon after a new mother is sent to the maternity ward.

Burgess says: "If fathers staying with the mothers in hospital is put on the agenda, it'll make people building new hospitals think differently."

"Especially with a first baby, mothers and fathers don't like being parted. The mothers are often tired, distressed and worried about things, and if the father's sitting there holding the baby it's very soothing for her, and the baby."

"And for men it can be a really important part of the process of becoming a father."

She adds: "When you prepare, inform and challenge fathers to be the best fathers they can be, mothers recover more

quickly, you get lower rates of post-natal depression, less smoking - you get it all.

"And it isn't expensive either."

The moves to increase support for new fathers have also been welcomed by the NCT, which says fathers-to-be should be actively involved in preparation for the birth and parenthood from the moment their partner knows she's pregnant.

Elizabeth Duff, the NCT's public policy officer, says: "Men have their own needs as new fathers, and they also need to know what their partner's experiencing and how they can support her."

"Services should engage new dads as soon as the pregnancy's confirmed and encourage them to learn about the stages of development, and how they can be of support during the labour and birth."

She says a father's presence during the birth makes many mothers feel more secure and confident, and stresses: "For many fathers, being present at the birth allows them the opportunity to bond with their new baby and to feel a part of the baby's life from the start."

Duff says a father learning about breastfeeding could also be crucial, as research shows that as well as increasing the chances of a mother breastfeeding successfully, fathers' views can influence whether she starts to breastfeed in the first place.

"Fathers need information that's relevant to how their baby is being fed, including the key role they can play in supporting breastfeeding."

by Lisa Salmon

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# The great cosmetics cull

Detox has been undoubtedly the buzz word for January but if you're skipping the body brushing and wheatgrass shots turn to your beauty stash for a thorough cleanse.

If you're forever rifling through your handbag for an eyeliner or dusting crumbled eye shadow off your other cosmetics, it's time to go in for some thorough de-cluttering and brush up on your organisation for the New Year.

Clean up your act with our beauty detox guide. Our experts reveal the pitfalls of clinging on to passé products and how you can get your beauty regime into shape.

## Make-up M.O.T

Guilty of being a cosmetics junkie? Chances are you have a treasure trove of products past their expiry date as you've move onto the next big thing.

But clutter isn't your only concern as old products can actually damage your health, according to Dr Patrick Bowler, skin care expert at Court House Clinics: "The worst scenario is that you could develop a nasty rash or infection if the product has been contaminated with bacteria," he warns.

One in four women are continuing to use bacteria-infested make-up over four years old, according to a study by The College of Optometrists.

As a rough guide, eye make-up such as mascaras and liquid liners shouldn't be used after six months, although eye and brow pencils can last up to three years if used sensibly. Other cosmetic favourites such as foundations, concealers, powders, lipsticks and glosses should be used no longer than 24 months - but trust your instincts if you think they're bin-bound.

"In most cases, once a product is past its use-by-date you'll end up with something that looks and smells 'off', is unpleasant to use, and no longer effective," Dr Patrick says.

## Handbag haven

As handbags get bigger and bigger in planet fashion we just keep filling them with more beauty bits and bobs. Bad news for your back - and your make-up hygiene.

Some of the most common found bacteria in those Mary Poppins bags include pseudomonas, which can cause eye infections such as conjunctivitis and staphylococcus.

"Old make-up brushes, especially if they've been festering at the bottom of a handbag, could be riddled with bacteria," explains Jason Zemmell, pharmacist and founder of HalfPricePerfumes.co.uk.

"I'd advise all women to go through their handbag and make sure everything is clean and usable. In lots of women's bags, products are left without their lids on and come into contact with all kinds of things in their handbag that could cause infections."

## Cabinet de-clutter

If you've besieged your bathroom with more products than your local Boots, it's time to take stock.

Chuck out all the old bottles containing remnants where you

practically need a magnifying glass to see what's left and make room for fresh new products. Look out for multi-use products to help limit bottle overload.

"Try to keep your 'beauty zone' to a specific shelf in your bathroom," advises Zu Rafalat, founder of beauty boutique Zuneta.com.

"This will ensure that your collection stays in check. Twice a year I make sure I do a big clear-out. If I haven't used a product at least five times in those six months, I throw it away - it means you just don't love it anymore and it will be getting past its best-by at that stage."

## Kit kudos

Any good habit requires a spot of motivation so if you're making steps to detox your beauty treat yourself to a new cosmetic organiser to kick-start the cleanse.

"I love make-up bags that organise everything for you," says Liz Pugh at Premier Beauty

## Workshop.

"Trish McEvoy (www.trishmcevoy.com) and MAC (www.maccosmetics.co.uk) do great ones. Clear compartments help you see what you're looking for.

Brush rolls are a good investment if you're a slave to your application brushes and want to keep them in good order.

"They are effective for keeping your brushes clean and in good condition," says Liz.

"When they're loose in a make-up bag, brushes can lose their shape and the hairs go all over the place - not ideal for accurate application and blending!"



Lisa Haynes helps you declutter your make-up bag and detox your beauty.



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# A decade of diets

Looking to shed a few pounds, or get into shape? Here are some of the diets to look out for this year.

January would not be complete without a host of resolutions to exercise more, eat better and become more active.

In fact, the NHS reckons that millions of us dedicate at least one New Year's resolution to getting our health back on track, whether that means eating more fruit and veg, quitting smoking or drinking less alcohol.

However freezing temperatures, snow and rain can weaken the strongest resolve, so here are a few fun diets and exercise plans to encourage you out of bed.

Whether it's indulging in Mexican-style dips like guacamole, feasting on diets boasting Italian pizza or doing pilates in your very own living room, now is the

time to turn 2010 into a year to remember.

## Skinny Dipping diet

Don't be fooled by the title of this diet. As arousing as it sounds, it has far less to do with swimming naked (let that be your end goal) than eating healthily.

The focus is on dips - from guacamole and salsa to sour cream and chives. Dieters are encouraged to snack healthily on fresh veggies and low-fat dips, rather than reaching for a bar of Cadbury's - all while eating nutritious meals, too.

You're still allowed 1,400 calories a day, and if you follow the diet, it promises to help people lose around 10lbs.

The 'Skinny Dipping' diet was devised by dietician Juliette Kellow, who explains: "Fresh dips can be a great choice for helping us to lose weight when they're included as part of a balanced, healthy diet that's lower in calories."

"For example, serving lower-fat dips like fresh salsa with vegetable crudites makes a healthy snack that helps you on your way to five-a-day."

The diet is supported by former Atomic Kitten star Liz McClarnon, who says that she tries to cook healthily to keep her weight in check.

"Instead of making rich cream and cheese sauces, I often just mix pasta with chicken or fish and veggies and then stir in a dollop of reduced-fat sour cream and chive dip. You get that lovely creamy texture without all the calories and fat of cream or cheese, plus it takes just a fraction of the time."

For more information on the Skinny Dipping diet plan visit [www.lovedips.co.uk](http://www.lovedips.co.uk).

## i Diet

It's often said that Mediterranean women tend to keep the pounds off more easily than us North Europeans. But just how do they do it? Apparently, it's through a diet rich in lean meat, fresh fruit and veggies, and fish, all sprinkled with heart-healthy olive oil.

Italians are reported to have the lowest obesity rates in all of the EU, with lower combined rates of heart disease, cancer as well as lower levels of cholesterol.

This has inspired Italian master chef Gino D'Acampo to create 100 Mediterranean-based recipes as a "stress-free way of losing weight".

The resulting 'i Diet' feels very indulgent and includes dishes such as spicy lamb meatballs with onion and rosemary for dinner, and roasted fruits with Grand Marnier for dessert.

Gino, who is a regular on Ready Steady Cook, devised all his recipes with the help of dietician Juliette Kellow, and believes that Italian specialties like pizza and pasta don't have to be cut out to lose weight. The long and the short of it is, if you're an Italian food lover, this is definitely the diet for you.

The i Diet, by Gino D'Acampo, is published by Kyle Cathie.

## Tracy Anderson Mat Workout DVD

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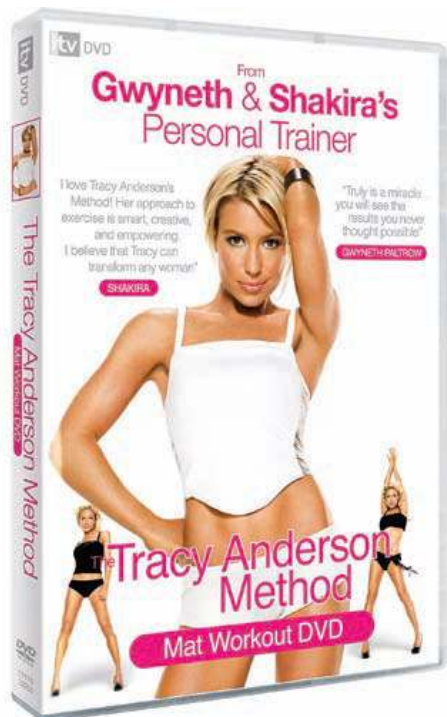
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The Tracy Anderson Mat Method Workout DVD, released by ITV.

weight-loss forum set up especially for men.

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The classes are available at Vitalflow.tv, which was set up by Kent-based Josie McKenlay, a pilates and yoga instructor with 25 years experience.

The online clips are downloadable to a laptop, MP3 player or mobile phone, with the Vitalflow six-minute tutorial having already attracted a five-star rating and some 27,000 viewers on YouTube.

"There is an increasing de-

your own home, and not under the garish lights of a gym!

After the success of her Dance Cardio Workout, which topped DVD fitness charts last year, personal trainer to stars like Gwyneth and Shakira, Tracy Anderson, has done it again - this time with a mat DVD workout that is sure to banish both fat and bad January blues.

The only requirements are a little enthusiasm and two 500-ml bottles of water (to work as weights in either hand).

Shakira has claimed that "Tracy can transform any woman", but you should know that to get that transformation, you're in for a workout that will get you more than just a little sweaty.

"The Mat Workout is an excellent way to re-engineer your muscular structure, wake up your accessory muscles and pull in your larger muscles," says Tracy. "It's perfect for any woman looking to achieve a lean feminine body type."

In other words, be prepared to sweat and scream. And love it, too.

#### Beltdown

Most dieters tend to be women. But what about the guys who want to shed some pounds? New website Beltdown.com answers that very question and is a

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The i Diet, by Gino D'Acampo, is published by Kyle Cathie.



mand for an accessible and interactive form of exercise and health regime for those who either do not want to, are unable or can not afford to go to gyms, classes or have private trainers," explains Josie.

"The Vitalflow concept is to provide the convenience, affordability and privacy of a home health and fitness regime combined with the personal advice and community environment that you can get from a club."

Courses start at £15/€17.25 for a series of six classes. See [www.vitalflow.tv](http://www.vitalflow.tv) for more details.

Kate Hodal

Picture left: "Serving lower-fat dips like fresh salsa with vegetable crudité makes a healthy snack that helps you on your way to five-a-day."

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### Reply to my 'Calendar' letter respondents

SIR, I was slightly surprised, that my original letter to your paper seemed to get so many people hot, albeit only under the collar. They are absolutely as entitled to their opinion as I am. And after all, I didn't put my head above the parapet and not expect to get shot at! Sadly, however, many seem to have missed the point. My main point being, in my opinion the Calendars from the Refugio were inappropriate.

I have to be honest and say that I had not realized that the calendars were meant to be a "take off" of the original 'Calendar Girls' calendar, published what must be at least ten years ago! I was lucky enough to have had one of the very first of those published. Apparently, now worth a lot of money. I should have kept it! As I remember, they were done with a brilliant sense of humor. Even the film of that name, years later, portrays their version of the calendar as witty, and well worth a giggle!

Obviously, I was not "having a pop" at either the models in the Refugio's calendar or the photographer. Check out my original letter. I quote "Pirelli they were definitely not!" (the calendars) Pirelli being the name of a (I think) tire Company, who sent out the calendars, much sought after by garages, workshops etc. NOT the name of any of the models or the photographer! To the models in the Refugio's calendar, I say "go for it, sisters!" As I do to all the ladies on Algarve's beautiful

beaches, who, even when like me, are past 'the first flush of youth' still have the courage to go topless! Good for you, girls! And, where could be more appropriate?

I should, perhaps, have signed my name by one of my 'stage' names, i.e. 'Naughty Nurse' or 'Sexy Sadie' or any of the 16 others that I used while happily 'strutting my stuff', as a 'Strip-o-Gram' lady, now retired, as my 'hour glass figure' has [with] the sands of time gently but surely, settled to the bottom half of that device! So, sadly, seven years ago, I officially 'hung up my thong', or perhaps I should say "my thong has thung"? (Trocaçilho, perhaps?) So, maybe the notion of my being "Victorian" or "Dickensian" in my outlook is just a tad off the mark? I should mention that most of my bookings were for after 11.30pm. An appropriate time for 'Kiss/Strip-o-Grams', I think you will agree? And the clue is in the name of the act!

So, perhaps there have been quite a few 'gains' in this difference of opinions? The Refugio apparently [has] attracted some new buyers for their calendars. Good for them! It's a good cause, and one I will obviously continue to support whole heartedly, in spite of considering this year's calendar totally IN-appropriate! There was also some excellent publicity for the 'Dog Groomer' (both branches). And I, no doubt, will continue to cause merriment amongst my Portuguese friends, with my stumbling attempts at their language, much as they try

to help me with it! So, all a bit of a storm in a 'double D' cup, really, ('Trocaçilho' dois?)

MAUREEN CONNOLLY-HURLEY, By e-mail

### Reply to the Connolly-Hurley comments

SIR, I am sorry that Alison Castanheira will not be doing the calendar next year.

Mr. and Mrs. Connolly-Hurley seem to dislike everything in this world. They are quick to put down everything that does not fit their taste, but then you have to

and the Connolly-Hurley couple did not like it because they are dis-respective people. They think that guns kill when in fact it is the people that handle the guns that do the killing. Now they think that a calendar that was made to help a charity is distasteful. Maybe it is time for them to go back to England and stop telling everybody what is wrong with our lives. God help this world if we all had to think the [like] Connolly-Hurley's of this world. Great calendar Alison!

JEAN DANIEL, Estoril

### Beachcombing in the Algarve

Low tide is at day break today  
Swallowing my morning pills, a glass of water, I'm on my way  
Inner excitement has me of what I might find  
An old coin, a special shell, tackle and some fishing line  
Treading carefully along the cobbled streets  
So as not to tread in some dogs excrete  
Down the rotten stairs I hurry  
Wanting to be first to scour for quarry  
Sea has washed and moved the sand relentlessly  
My eyes survey side to side constantly  
My feet are first in some dog prints  
There is a coin, it's a euro of Irish mint  
That will buy a café com leite, escuro! I think  
The clear white tide laps at my feet  
Sun has risen and started to heat  
Wafts of scented wild herbs float on the warming breeze  
Fishing boats launch from beach with ease  
Dog walkers arrive and people like me  
Those men and boats are the real activity  
To the high tide mark I go  
The flotsam and jetsam I rummage to and throw  
Plastic bottles, beer cans, broken lobster pots,  
Dog poo, a golf ball is all I can show  
There is a wine bottle with cork among the debris  
I wonder if it holds a message for me

FREDERICK A. CRAMPTON

look at the source. They need a double name because they think that makes them better than anyone else, but the fact is that they do not meet the standards of the world.

The calendar was tasteful and done with a good cause in mind

### A donkey's view

SIR, Seemingly, Ms. Castanheira and 'Red Hot Granny of Lagos' (Portugal News last week) have taken some umbrage with the Connolly-Hurley's contention, that the 'Refugio' calendar, being no less

than an 'Almanac of Debauchery,' deserves to be banished to the obscurity of the garage. Dead right it does, and that's precisely where I've hung mine: and another in the shed, another on my boat and another in my study. (Embarrassment, however, restrains me from divulging the location of the fifth).

I'll tell you one thing, fellow readers, when this old Donkey needs sanctuary in his dotage, I know which 'Refugio' I'll be applying to, and it won't be one run by the Connolly-Hurleys! Well done the calendar girls and your support for animal charities in the area. I can't wait for the 2011 edition which is, according to my wife, nothing to do with my support for animal welfare more to do with creeping antiquity.

MIKE TOWL, Lagos

### Donkey Sanctuary calendar

SIR, Ms. Castanheira should not be upset by Mr. and Mrs. Connolly-Hurley - there's no such thing as bad publicity!

Having read the recent letters, I shall definitely be attending the Sanctuary's Fund Raising Event in South Bar, Marina de Lagos, 21:30h, Friday 29th January, to make sure I get my copy of the calendar. And I shall make sure that everyone else in the Marina knows about it, too.

Hee-Haw; Hee-Haw; Hee-Haw! It's having a hyphen that makes me so happy! Keep up the good work, all of you, and keep your sense of humour!

TERRY O'BRIEN, 'Yacht Selene', Berth G03, Lagos

### Refugio calendar, et al

SIR, The lady at the heart of the Refugio calendar issue has certainly raised a few hackles! A case of 'The lady doth protest too much'? Perhaps she is really secretly peeved at not having been offered the opportunity to take part in such a worthy fund raising project. Had she been selected, which month would she have represented? A cold, wet December?

Congratulations (to The Portugal News) on not joining the innumerate among the media who think that December 31st. 2009 was the end of the first decade of the second millennium. As the figures make clear, it was the end of the ninth year. (2000 plus 9 equals 2009 not 2010).

The global warming debate continues with both sides as deeply entrenched as ever. My stance - that it is yet another expensive hoax - is based on reading everything I can find on the subject (including those suggested by John Clare). From that I decide which theory may be the correct one. In spite of the overwhelming 'evidence' predicting a disastrous temperature rise, I remain in the 'Anti warming' camp.

Readers who trouble to Google: *Himalayan Glacier Meltdown* and scroll down to *The Times Online Article* will find yet another example of the deliberate and criminal use by the IPCC of ill researched and misleading data. Data that now joins the long list of spurious claims they have been forced to retract as untrue and which illustrates why I remain sceptical.

RON LAVERY, By e-mail

### Cabanas de Tavira - the new Esplanade

SIR, The disruption to the village is enormous as of 189/01, we have not enough water pressure to wash. There has been no notification to homeowners of any kind of inconvenience. There are restaurants and cafes in the village that do not have enough water pressure to operate a toilet, let alone a dishwasher. This is illegal.

Was this huge project necessary when a good car park, public toilets and a general cleaning of the sea front was all that was necessary considering the tourist season is only July and August?

MARY ANDERSON, By e-mail

### Be sure to read the small print!

SIR, A friend of ours is insured against earthquakes. Because of the damage done during the recent quake she made a claim. Apparently the company won't pay out (surprise, surprise). Their excuse is that the small print states they will only pay if a quake registers 7.9 or more on the Richter Scale. I suggest readers check their policies. They may be unpleasantly surprised. What's new when it comes to insurance!

I assume a typo in your article about the recent rainfall (Portugal News, 16 Jan.). You quote someone as saying "we had abnormal rainfall of 70mm". I assume you mean 700. The norm for December is 70mm according to my charts. The norm for a year is about 400mm, so we had nearly two years' worth of rain over an eight week period.

My pool, which happened to be almost empty at the time, now boasts 720mm of water. Before the torrents swept in there was all of 60mm in the bottom. That's some deluge (26 inches for those of you using the imperial scale).

Due to a river deciding to swoop down my next door neighbour's drive, and a truck getting stuck in mud for a day and a half in what is laughingly called our road, plus my fields being under water, the only way out was by helicopter.

JOHN CLARE, Arao  
According to the *Portuguese Met. Office*, there was an "abnormality in rainfall of 70mm", which in simple English means, there was 70mm more rain than usual in December, so the total for the month was in the region of 140mm. Ed.

## Portuguese for Beginners

⇒ Write correct sentences following the example below:

*cidade/ clínicas/ no/ duas/ da/ há/ centro*

**No centro da cidade há duas clínicas.**

1. das/ há/ quarto/ beliche/ crianças/ um/ no
2. mesas/ quarto/ uma/ no/ hóspedes/ duas/ há/ de/ cabeceira/ de/ e/ cama
3. estante/ livros/ dicionários/ e/ na/ há
4. há/ nas/ toalhas/ gavetas
5. armários/ pratos/ nos/ travessas/ há/ e/ copos
6. chão/ um/ colorido/ tapete/ da/ há/ sala/ no
7. fotografias/ há/ na/ molduras/ com/ prateleira
8. uma/ espelho/ e/ na/ um/ entrada/ velha/enorme/ arca/ há
9. no/ caixas/ velhas/ sótão/ com/ há/ coisas
10. há/ arrecadação/ na/ uma/ garagem
11. duas/ varanda/ há/ espreguiçadeiras/ na
12. há/ antigo/ sala/ na/ relógio/ um



## LESSON 25

Verb "HAVER" in the Present Simple.  
The house.

⇒ Onde há o quê? (Where is/are there what?)

Match the numbers - on the left - and the letters - on the right - to say what there is/ there are in the various rooms/ parts of the house:

- |                       |                       |
|-----------------------|-----------------------|
| 1. Na cozinha         | a) um aquecedor       |
| 2. No jardim          | b) uma bicicleta      |
| 3. Na casa de banho   | c) um bengaleiro      |
| 4. No quarto          | d) uma lareira        |
| 5. Na sala de estar   | e) dois vasos         |
| 6. Na varanda         | f) um baú             |
| 7. Na garagem         | g) dois lavatórios    |
| 8. Na despensa        | h) cinco quadros      |
| 9. No escritório      | i) um cadeirão        |
| 10. Na cave           | j) um chapéu-de-sol   |
| 11. Na sala de jantar | k) uma mesa de bilhar |
| 12. No sótão          | l) uma vassoura       |
| 13. No corredor       | m) um esquentador     |
| 14. Na entrada        | n) uma impressora     |

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:

Emília Rosendo at The Portugal News and I will return them corrected.

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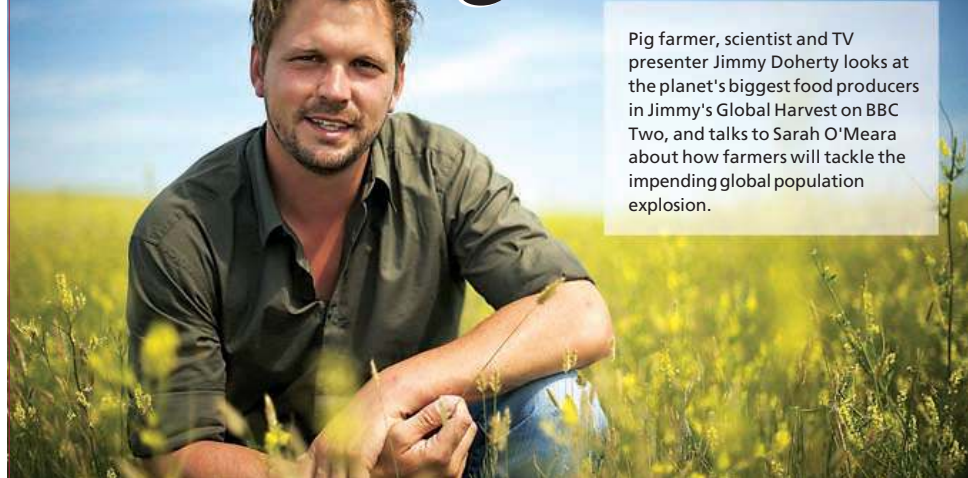
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# Farming the future



Pig farmer, scientist and TV presenter Jimmy Doherty looks at the planet's biggest food producers in Jimmy's Global Harvest on BBC Two, and talks to Sarah O'Meara about how farmers will tackle the impending global population explosion.

The field of food production is filled with problems.

In the next 40 years, as natural resources dwindle and our environment becomes less stable, there will be 2.5 billion more mouths to feed.

Few farmers are as acutely aware of this problem as TV's Jimmy Doherty. Best known for his series on breeding rare pigs, and that all-important childhood friendship with a certain Naked Chef, Jimmy has spent the last three years exploring more complicated matters. Namely, the science of producing food.

Unlike Heston Blumenthal, Jimmy doesn't stand in lab-like kitchens plunging last night's leftovers into liquid nitrogen - but rather focuses on the bigger picture.

His new show, Jimmy's Global Harvest, currently on BBC Two on Thursday evenings and available on iPlayer, looks at large-scale farming techniques.

Although Jimmy made his name turning a derelict smallholding into a workable pig farm, he's aware that there's more to feeding the world than producing sausages on a tiny scale.

"We're looking at the biggest problem that our population

faces. It's terrifying, really," he says, frankly.

"We're going to be just over nine billion people in 40 years time and yet we have the same amount of land to produce twice as much food."

Just this month, the Government produced a 20-year strategy to address these problems. But according to Jimmy, it's not enough.

"Our Government has slashed funding [for food research] by 40%. But I think this problem is even more of a threat [to the planet] than terrorism."

"You can't treat agriculture like the car industry. Farmers are very efficient, but they need backing because they're the ones looking after the countryside and under pressure to produce food at a price that we want to pay."

"We're all worried about what kind of phones we've got, what kind of shoes and that kind of thing, and food comes low down on our lists."

During his new series, Jimmy travels to Brazil, America, Kenya and Australia, to look into the scientific secrets behind industrial-style farming.

"I was totally a fish out of water. But I can't shy away from what's going on," he says.

"I've got a friend who is quite a large farmer and he once said to me, 'Do you want flowers or food?'"

He's got a point, says Jimmy. But he wants to know if large-scale food production can be done without using up all the planet's resources.

"What is important is that the gap is bridged between two different worlds of farming."

"My way of farming is niche and often that's how people imagine they'd like their food produced. But there's a cost to the way I produce my food. My sausages are more expensive, because of rearing the pigs free range."

"But I've discovered that if people want food at a certain price then there are other ways of doing it. You can't necessarily ostracise mega-farming. There needs to be a bridge."

As a former entomologist, Jimmy is fascinated by the role of science in farming.

"I did a degree in entomology, that's the study of insects, so science is one of my great passions."

"In Kenya they're actually using the cells of the growing stem of bananas to produce many, many banana plants that

are all clones, and they're all totally disease free."

"With this technique, which is basic science, you increase the production of bananas, which is a staple in Kenya, and increase revenues which farmers can then invest in their own farms."

While some may wince at the thought of genetically-engineered food, it's thought-provoking stuff and, from talking to Jimmy, you get the feeling that we'll be seeing a lot more of him debating these controversial subjects in future.

"What people want is to understand the problems that we face," he says. "And also to be given hope."

He adds: "That encourages them to ask, 'How else can we help?' and, 'What helps exactly?'. Because it's not necessarily about farmers saying, 'I've got the right methods or the wrong methods', but how we spend our money."

"If everyone bought free-range eggs there would no longer be a market for battery eggs. So let's look at how we spend the pounds in our pocket."

Take a tip from Jimmy and go back to basics with these recipes from his book *A Taste Of The Country*.

## Liver and bacon

My Nan Vi would always make this for my granddad - so simple but so tasty. You hear many people today banging on about Italian and Spanish peasant food and how wonderfully rustic it is, well you can't get any more rustic than good old British liver and bacon.

(Serves 4)

750g lamb's liver  
12 rashers streaky dry cured bacon  
Seasoned flour for coating  
Oil for frying

Wash the liver briefly, pat dry with kitchen paper and slice thinly (about ½ inch thick), removing any coarse tubes. Dust the liver in the seasoned flour.

Heat a large non stick frying pan then add the bacon. Fry the bacon until crisp and golden. Remove from the pan, drain on

kitchen paper and keep warm. There will be bacon fat left in the pan.

Add the liver to the pan and fry for a couple of minutes on each side - it cooks very quickly and overcooked liver can be dry and tough, so take care!

Serve with mashed root vegetables and cabbage.



## Sausages and ham with red cabbage

This is an old Suffolk recipe that dates back to 1823 and is a great supper dish, even 183 years later! I love dishes like this that are simple, honest and full of real flavour. What else would you possible need apart from seconds?

(Serves 4)

1½kg red cabbage, very finely chopped  
120g gammon rashers cut into 2.5cm (1in) strips  
30g butter  
300 ml stock  
1tsp lemon juice  
2tsp castor sugar  
450g good pork sausages  
1tsp salt  
¼tsp white pepper

Put the cabbage into a casserole dish with all the ingredients except for the sausages.

Bring to the boil then cover tightly and cook slowly in the oven heated to 160°C/Gas mark 2 for 3 hours.

Remove from the oven and

stir the cabbage well, checking the seasoning. Most of the stock should have been absorbed. Keep warm while you fry or grill the sausages.

Heap the cabbage on a serving dish and arrange the sausages on top.



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## Thank you!

Martin Binks and Lynn Love who are residents of Silves would like to thank everyone who participated in their fund raising events at the Hotel Garbe over Christmas and New Year. Which has enabled them to provide their local charity Castelo de Sonhos with over 350 Euros worth of much needed food supplies.

The Boxing Day Treasure Hunt and the monthly Quiz Night in January are being followed up with two further Quiz Nights in February which aim to raise funds for the Pirlampos and Gaivota Childrens Homes in Albufeira.

For more details telephone Lynn on 919 266 770 or see the Hotel Garbe website [www.hotelgarbe.com](http://www.hotelgarbe.com)



## St Patrick's Society putting for fun

Even if you have never wielded a golf club in your life, you are welcome to take part in the St Patrick's Society's annual putting competition. Registration is now open for this year's event to be held at Balaia Golf Village, Albufeira, on Friday 12th February.

It is a fun competition played on both of Balaia's putting greens. The rules are simple. Basic instruction available for raw

beginners. Putters provided to those who do not have their own. Unlike serious golf, there is no dress etiquette, though high-heels are strongly discouraged.

The entry fee of €20 includes coffee beforehand and lunch afterwards. Coffee from 10.30am. Play starts at 11.0am. For registration, details and directions, please phone Jenny Gannon on 282 352022 or email [jeniggy@googlemail.com](mailto:jeniggy@googlemail.com)

## Donation to Haiti Disaster Fund

The Almcil International Rotary Club has donated 1000 U.S. dollars to the Haiti Disaster Fund. This donation was made direct to the Rotary District No. 7020 which covers the area affected by the quake. Rotary International has set up a fund there for the immediate purchase of

essential items needed to give urgent relief. Rotarians in the area are ideally placed to give "on the ground" assistance and are helping to bring local knowledge to the relief operation.

For further information about AIRC, please see their website [www.almcilrotary.org](http://www.almcilrotary.org)



AIRC President, Soren Højbjerg, is seen here presenting a cheque to Brian O'Neil, Chairman of the AIRC International Committee who is heading this charity support fund.

All club items are welcome on this page. If you are involved in a local club or have raised money for charity we would like to hear from you. Please send your stories to [copy@the-news.net](mailto:copy@the-news.net)

## Michael Harris to speak at AAA

Michael Harris will be the guest speaker at the Algarve Archaeological Association on February 2nd.

The first meeting of the day will take place at the Museum do Trajo in São Bras, commencing promptly at 2.30pm. The second meeting of the day will be held at the Convento de São José, Lagoa and will commence promptly at 6.30pm.

Those wishing to gather for lunch prior to the meeting in São Brás, please phone Maxine on 917 26 798 48.

The talk is entitled 'Invasions of Armies and Ideas into India', and will cover the complicated religious history of India covering the period from the 5th Century BCE through to the 16th Century AD. The armies that brought bloodshed to the sub-continent during this period also brought diverse religious and

philosophical ideas. These new systems of thought from the outside world blended with the ways and perspectives for seeing the world that had existed in India for millennia. Some existing faiths died out in India, other new ones rejected and others became uniquely Indian.

Michael Harris graduated from Oxford in Modern History. He has run a textile design and wholesale operation in England and a bakery in Portugal. He has travelled extensively and in so doing rediscovered his love of history. He has come to love India, believing he has an affinity with Indian ways of thought and belief.

All are welcome to the talks held by the AAA. Non-members are asked for 5 euros. This enables payment to speakers and archaeological grants to be paid.

For further information please phone Maxine on 917 26 79 48

## Muddy Cogs bike rides

As the weather has been unpredictable lately, please do call Paul on his mobile 913226954 on the morning of a ride if uncertain about whether the ride will take place or not

Here are the details of this forthcoming weekends rides :- **Saturday 30th January 2010 - Movers**

Starting Point Paderne :- Car Park at the bottom of the hill by the football stadium

There is ample parking at either side of the old bridge. Lets meet here at 09.45 am

Start Time 10.00am

Ride Details This will be a fairly hilly and challenging ride on tarmac and dirt track roads around the Alte where there will be a cafe stop.

**Sunday 31st January 2010 Shakers**

Starting Point Alcantarilha :- Aldi Car Park. Lets meet here at 09.45 am

Start Time 10.00 am

Ride details

This will be a fairly gentle ride along tarmac and dirt track roads taking us over to Lagoa and back along the Ecovia do Litoral via Amacoe de Pera. There will also be a cafe stop at Lagoa

**Bike Hire - Transport**

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

I look forward to seeing you on several bike rides in 2010.

## Walking in the beautiful Algarve

### Let's Walk from Benagil

**Wednesday February 3rd**  
A great 2.5 hour circular walk along cliff tops and through countryside where we should see spring flowers starting to appear 10.30am start - meet at O Litoral restaurant/cafe above Benagil. If travelling along the EN125 from Lagoa towards Faro turn right immediately after the International School (3km from Lagoa). Follow the signs for Benagil and just before the road bends left to drop down the hill the restaurant is on the right

### Let's Walk from Pincho

**Saturday February 6th**  
A very easy 2 hour walk with only one short climb through totally unspoilt countryside - not to be missed this is just a beautiful walk.

1.30pm start meet at the cafe/restaurant in Pincho. Take the A22 westwards until it ends and then follow the road towards Aljezur. 5km along this road turn right signed Pincho and follow the road for about 4km when you come to the hamlet where parking and the cafe are on the left just as you enter the hamlet

There is no need to book, please just come along wearing comfortable shoes (trainers will be fine), bring some water and a sense of humour (very important). There is a charge of 5 euro

for each walk.

If you do need any further information please call Julie 965 753 033 or 922 244 242.

### East Algarve Walks

#### Tuesday & Friday mornings

For more information contact Brian: 913 595 868, [brian@moonlightservices.eu](mailto:brian@moonlightservices.eu), [www.moonlightservices.eu](http://www.moonlightservices.eu)

### St. Patrick's Society

The St. Patrick's Society January walk on Saturday 30th will take in part of the Barragem Arade. It will be of about two hours duration, not difficult, but sensible walking footwear should be worn.

The meeting point is the Cafe Rainha, for a 10:30am prompt start. Go earlier if you want to have a coffee.

Directions:-

If travelling from Messines, take the EN124 towards Silves, and after 11kms turn right at the sign for Barragem do Arade. After a further 1km Cafe Rainha is on the left.

If travelling from Silves, go past Lidl on your left and from the next roundabout take the EN124 towards Messines. After 6kms turn left for the Barragem do Arade, and then 1km more for Cafe Rainha.

All are welcome! Lunch will be available after the walk.

Contact numbers are Anna, 965374440 or Jim, 282431595.



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# Celebrity Cruises Concierge Class

Celebrity Cruises are already world famous for their luxury, cuisine and service, so when you note they offer a special class on board all their ships, Concierge Class, it is tempting to see if they can improve on what's already a very high standard. On a recent 10 day cruise around the Caribbean we found the answer - they can, and for a little more, they offer some superb extra touches that made the cruise an even better experience.

Like many people living in Portugal, especially the expatriate community, the Christmas and New Year period is a time to get away and recharge the batteries for the coming year. We had already tried one of the new Celebrity Solstice Class ships when the Celebrity Equinox was introduced to the press last July, but that was just a short three day cruise, however it certainly whetted our appetite to

try something a little longer.

It soon became clear that if you really want to have almost guaranteed sun in the middle of winter, that starting from Puerto Rico rather than Florida is a good idea. From there, heading for the southern Caribbean visiting seven islands as far down as Tobago proved a good decision, and Puerto Rico was a very good starting point, easy to reach with a modern airport, plentiful flights and an efficient port.

We also found that prices were better starting further south, no doubt due to the fact that Miami and Fort Lauderdale offer vast capacity and are easier for Americans to reach. We flew in via Washington, and out via New York, both of which have regular direct flights to Puerto Rico.

Boarding was straightforward, but take a tip, don't board at 12 noon, leave it until an hour or so later. Most passengers have stayed overnight on the island, and as the hotels latest check out time is noon, almost everyone arrives to board around that time,

so you may have to queue for around 30 minutes to check in and board, but by 13:00 the queue had disappeared.

Our ship was the Celebrity Millennium, one of the four Millennium Class ships that accommodate around 2,000 guests. As you board stewards are waiting with a glass of champagne, and

escort you to your stateroom. We were on the 9th deck which is where it seems the majority of Concierge Class Staterooms are to be found. The first thing to greet you is a complimentary bottle of champagne already in an ice bucket, chilled and ready to drink on your terrace. What a lovely way to start your cruise, but there is more to come. Fresh flowers and fruit are supplied or refreshed each day, and around 16:00 each day, a delightful plate of hors d'oeuvres. However the

luxury touches didn't stop there, we were offered a menu of pillows - Conformance, Body, Goose, and Isotonic - duvets and pillow-top mattresses, leather key holder, personalized stationery, a tote bag (surprisingly useful), double-thick Frette bathrobes and lots of other goodies.

Another excellent feature was that you could have breakfast served on your balcony each morning if you wished, and it was a long way from a 'continental' on a tray. Each day the table was laid, and our choices from the Concierge Class Signature Dishes

like Granola Berry Parfait, scrambled eggs with fresh asparagus spears, or even baked bananas, were available. With a more traditional English breakfast, eggs you can have anyway you like them (don't go for the boiled as for some strange reason they don't carry egg cups on board), fresh juices, fruit, cereals omelettes, in fact just about anything you can imagine (within reason). And remember this is a no extra cost option. Sitting on your own balcony eating breakfast as you sail into a new port is some experience.



Breakfast served in a Concierge Class stateroom.



Tempting tuna



The Grand Foyer

## Special Reader Offers on Royal Caribbean & Celebrity Cruises



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Despite what you may find on the internet, cruise lines very carefully control their prices on a weekly basis, and every agent receives the same prices. This is why it's helpful to be able to speak direct to a main agent and get their advice on current prices and the latest offers. For the best prices and the best advice, call Melair on (+351) 210 329 416 (in English) and please mention that you are a *Portugal News* reader to benefit from very special arrangements.



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Stockholm/Oslo ... ..	€205.82
Helsinki ... ..	€226.78

All prices are starting prices for return flights including airport taxes (ticketing fee is excluded, exact amount subject to confirmation).

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If you like your early morning tea, just one ring to your own steward, and it is served within minutes, and in cups and saucers not mugs! Other lovely touches were things like a fresh rose in the bathroom, not to mention a wide range of good class toiletries. Concierge Class guests even get their own dedicated Guest Relations Desk.

Dining on board is of a very high standard, four courses, beautifully served and with a daily choice of dishes and a standard menu just in case you can't find something you like. We didn't much like the fixed dining times, 18:00 and 20:45, though you can understand that when you are feeding so many people to such a high standard, it does help the kitchens. We understand they are introducing 'My Time Dining' early this year, similar no doubt to their sister line Royal Caribbean who started introducing this last year, and we liked it. However, there are plenty of other restaurants to choose from (if you like Sushi, they make it fresh upstairs on deck 10 every evening, and it's really good), all served in small china boats. There is an all day buffet on deck 10, and a small intimate restaurant, the Waterfall Bistro, where you pay an extra \$2 each to eat, hardly unreasonable.

If you want something really special, then this ship has the RMS Olympic Restaurant. The Titanic had a sister transatlantic ship, the Olympic, and when she was decommissioned, an English buyer bought all the dining room panelling. The Celebrity line tracked this down and bought his property in order to get the panelling to create this superb restaurant with a service reminiscent of the grand days of transatlantic cruising. Quite simply, it's stunning! There is an extra fixed charge to eat here, and bear in mind the meal will be about three hours, but what an experience!

The ship itself is spacious, luxurious, and with every conceivable facility. The large pool with plenty of reclining sunbathing beds is a special delight in the morning when the vast majority of passengers go ashore on the various trips Celebrity has organised. We chose to take a quick look around ashore in the afternoon. There is also a covered 'spa' pool area which is especially appealing if there is any rain or a strong wind, or you may just like it simply because it's a beautiful area.

When you return to the ship after a shore visit, you are welcomed with ice cold towels to refresh yourself, and even iced water, and that before you even step aboard. Again, it's that attention to detail that makes Ce-



The exquisite Olympic Restaurant with panelling from the Titanic's sister ship.

lebrity stand head and shoulders above other cruise lines.

Celebrity has also recently introduced what they call 'Celebrity Life', aimed at three areas,

Savour, Discover and Renew. Each day there are different events to appeal to 'foodies', lectures from some very highly qualified specialists in their field,

and a strong focus on fitness, training and health in general. As with everything else, it's available if you want to participate, and 'invisible' if it's not what you are looking for. You can do as much, or as little, as you wish.

The theatre is good with a different show every night, and several guest star performers. Perhaps the person who summed it all up was Cruise Director Artie Anderson. On the first evening as he welcomed everyone into the theatre he said "just relax, we are going to take care of everything", and that's exactly what Celebrity did, and we just did the relaxing, they did indeed look after everything.

And how much does it all cost? By now you are expecting it to be expensive. Wrong. It's difficult to answer exactly as prices vary every week, by season and de-

mand, but as a guideline, we spent more staying three days at the hotel prior to boarding than we did for the 10 day cruise, in Concierge Class, with all the food, entertainment, and all those special touches included.

The value is extraordinary, and the food and service 5 star. Readers should call our recommended cruise partners MELAIR on 210 329 416 for bookings on RCI or Celebrity as they get a complimentary welcome bottle of Champagne as well as the best price and good advice. If you don't fancy a long flight crossing 'the pond', many of the Celebrity Cruises ships will move back into Europe in the spring, with sailings from Southampton, Barcelona and even Rome. You can check out all their cruises at <http://www.celebritycruises.com>

P.L.



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## Helping Doggy incontinence and other issues naturally



Most of you are aware that I seem to get every problem with several of my dogs and I have been asked particularly about one or two over the last few weeks, so thought I would do a quick mini overview. If it helps someone it will be good. It is often easier if we can relate to experience rather than just a book claims.



Before I start I must, as usual, say that if you have any medical problems with your pet the first place to go is your Vet, once you have a diagnosis and know what you are dealing with you can then start your own investigations into anything that can help.

First incontinence in doggies. As some will remember my Sandy and Julie's Maisie both suffered from this problem and both were cured by the Mixed Vegetable Tablets. In Sandy's case she went from laying in a soggy heap to dry in 8 days, this had not been totally achieved by the normal chemical products over the previous four years. Often this problem happens post spey, in Sandy's case we actually managed to last for a year post spey. Chloe was speyed in 2004 and so far she remains OK so perhaps we have got away with that one. Mixed Vegetable tablets are a herbal product for the symptomatic relief of arthritis, rheumatism, skin and kidney disorders, and as a diuretic to aid normal urinary elimination in dogs and cats. This combination of common English green leaf herbs is used to relieve the pain

of arthritis and rheumatism and so make movement easier and improve the mobility problems that often occur in older animals. It's mildly diuretic effects helps to ensure and maintain normal urinary flow and by regulating the acid/alkali balance it is helpful for cystitis and the incontinence problems that may occur in some animals as they get older. The combination of herbs in this tablet help to reduce acidity and cool the skin and so reduce the irritation associated with many common skin complaints.

I have been asked a lot about Kelp tablets over the last couple of months. Obviously with all my problems with Merlin I have had to investigate all areas. I have been advised that fishy type of dogs, (for this read PWDs and this type of dog) do actually need a boost of the seaweed that this comes from. Obviously, originally many years ago PWDs were bred as Fishermen's dogs and lived on boats and existed on fish, it is a fact that when my two are on a beach they will find any old fish head they can and it is PWD heaven!! Perhaps I should send these darlings out to sea to fish

for their food—do not think they would get far however. They will not go out of the door into the rain at the moment!! Full details are a herbal problem for the symptomatic relief of poor hair growth and pigmentation and an aid in the treatment of obesity and the relief of rheumatic pain in dogs and cats. Fucus vesiculosus is the species of Kelp that we use in these tablets as it has the highest content of minerals and trace elements. As well as containing medicine grade Kelp powder, these sugar coated tablets also benefit from the addition of concentrated Kelp extract to increase the strength and effectiveness.

Due to their high mineral content they improve coat growth and pigmentation as well as being an excellent way to ensure that adequate minerals are provided in an easily assimilated organic form. The high iodine content in these tablets means that when given in conjunction with a suitable diet, they stimulate the metabolism and so aid weight loss, making them an effective aid in the treatment of obesity. Just a note that for dogs and cats that are prone to skin problems associated with over-heating, Kelp should only be given sparingly during hot weather.

Two other products I have found useful are Doggy De-Tox and the Digestive Supplement. Both have been tried out by Cleo. I was recommended to use the Doggy De-Tox a couple of years ago at Crufts when Cleo had inconsiderately started her season 6 weeks early and was attracting the 'wrong' attention. She has tried the Digestive Supplement for a mild 'windy' issue after eating something she shouldn't, it definitely worked.

Doggy De-Tox. Modern living

can affect our pets too! All the factors below may result in your dog feeling a bit 'under the weather'. Drinking tap water (containing chlorine and other chemicals) • Some conventional drug therapies and medication • Worming and flea treatments containing strong chemicals • This unique combination of ingredients is formulated to remove toxins from the body and at the same time to neutralise those unpleasant doggy smells that come through onto the coat but often originate in the stomach. Contains three 'super green foods' which are renowned for their detoxification, purification properties and also has the addition of peppermint to neutralise stomach odour!

Digestive tablets. Contains both Ginger and Mint, ingredients that are traditionally used to soothe and comfort the digestive system. Contains Valerian and Rhubarb roots to help relax the digestion and relieve discomfort. It is effective to settle windy tummies and reduces flatulence and its unpleasant side effects! The addition of the Valerian root in the formulation helps to calm and settle the stomach, making it helpful for those animals who are not apprehensive in vehicles but find the sensation upsets their tummies; they should be given about two hours before a journey.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Jan Cobley

Paws 4 Pets

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[www.paws4pets.net](http://www.paws4pets.net)

## Hi There !

**JULIUS** is a very handsome young cat. He loves people and is good with other cats. Julius has been abandoned by his previous owners when they went back to Germany. He is now trouble at all. Wormed, defleaded and castrated. Call Valérie for a visit - 913 860 865 or 282 342 823 (evenings) or email - [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



I have 18 puppies waiting for a nice loving home. Most of them will be medium size adult dogs. They are all very cute and friendly. They are wormed, defleaded and vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



This is **HUSKIE & QUEENIE**, they are a happily married couple, looking for a home together. They are outdoor dogs, sleep in their kennels. Love people, other dogs, children and cats. Huskie is about 7, and Queenie is about 3. Both have been chipped, vaccinated, castrated and spayed. Leish free, heartworm free. Owner has cancer, and is moving. Please ring Ingrid 918-973-896 for more info, or to make an appt to see them. Garden must be fenced.



Serin is a 1 year old spayed female. She is fully wormed and vaccinated and is an adorable natured dog. Because the owners has recently died, the family has had to make the hard decision to find a good home for Serin. Serin is used to living with other dogs and cats. Contact Julie 917 152 209.



**OBELIX** appeared on the street when a puppy of 5 months. Puppies usually do not survive long alone - they are not "street-wise", most of them die hit by a car or of hunger. But another dog, **ASTERIX**, an adult who had been living on the street for some time, took care of him. They were always together, Obelix and Asterix. Half a year passed and Obelix grew twice as big as Asterix. We did not have place in the shelter, so one of us gave them food every evening - the only thing we could do. But one day we managed to have an empty kennel so we took them in. Finally safe from the dangers of the street. The two dogs share a kennel and even if they have two houses, they prefer to sleep in one. They eat from one bowl. They are now both castrated and vaccinated and wait to be rehomed but only together - this exceptional friendship has to be respected. Obelix is a 1 year old, 40 kgs, labrador cross but taller and Asterix is a smaller dog of around 20 kgs, around 4 years old. If you would like to give them a home, contact us at: [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) or see more photos at [www.bianca.pt/english](http://www.bianca.pt/english)



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w Associação Animal - Apartado 2080, 8501-902 Portimão - T./Fax: 282 491 216  
\* Associação dos Amigos dos Animais Abandonados de Loulé - Canil de S. Francisco de Assis, Campina de Baixo, 8100-285 Loulé - Ts. 289 416 862 / 919 765 600 or email: [projectosul@clix.pt](mailto:projectosul@clix.pt)  
\* Associação Bamboo - T. 282 788 345 / Fax: 282 788 344 - Contact: Nana - Budens - [www.bambooalgarve.com](http://www.bambooalgarve.com)  
w APAA - Associação de Protecção Animal do Algarve, on Mexilhoeira Grande - T. 914 767 958 or Tel/fax: 282 471 347 or email: [safehandboardingkennels@clix.pt](mailto:safehandboardingkennels@clix.pt)  
\* Associação de Protecção aos Animais sem Lar do Concelho de Sesimbra - [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) (English, French and Spanish spoken) - [www.bianca.pt/english](http://www.bianca.pt/english) - <http://bianca-pet-rescue-adoption.blogspot.com/>  
\* Liga Portuguesa dos Direitos do Animal (LPDA) - Rua das Vinhas nº 18, 4760-661 Vila Nova de Famalicão - T. 252 310 361  
\* Sociedade Protectora dos Animais (SPA) - Rua de S. Paulo 55, 2º Dtº, 1200-426 Lisboa - T. 213 423 851 / Fax: 213 424 086  
\* Valérie at Santuário dos Burros in Estômbar or call 913 860 865 or 282 342 823 (evenings) o email [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)

**Bianca**



## ALGARVE

**SBC**  
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**TEL: 289 887 212**  
**28 JAN-3 FEB**

**1**  
**Sherlock Holmes**  
Robert Downey Jr, Jude Law  
12.50-18.25-21.20 (00.15 Thu-Sat)  
**Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
(10.40 Sat & Sun) 15.50

**2**  
**Nine**  
Daniel Day-Lewis, Marion Cotillard  
14.05-18.40-21.15  
**Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
(23.55 Thu-Sat)  
**Old Dogs**  
John Travolta, Robin Williams  
(10.00-12.00 Sat & Sun) 16.40

**3**  
**A Bela e o Paparazzo**  
Soraia Chaves, Marco de Almeida  
(11.30 Sat & Sun) 14.05-16.40-19.15-21.50 (00.30 Thu-Sat)

**4**  
**Up In The Air**  
George Clooney, Vera Farmiga  
14.20-16.45-19.10-21.40 (00.10 Thu-Sat)  
**Arthur et la vengeance de Maltazard**  
Animation PV  
(10.00-12.05 Sat & Sun)

**5**  
**Invictus**  
Morgan Freeman, Matt Damon  
12.55-15.45-18.35-21.30  
**Avatar**  
Sam Worthington, Michelle Rodriguez  
(00.25 Thu-Sat)

**6**  
**Avatar**  
Sam Worthington, Michelle Rodriguez  
14.40-17.55-21.10  
**Invictus**  
Morgan Freeman, Matt Damon  
(00.25 Thu-Sat)  
**Where the Wild Things Are**  
Max Records, Catherine Keener  
(11.00 Sat & Sun)

**7**  
**Staten Island**  
Vincent D'Onofrio, Ethan Hawke  
13.00-17.30-22.00  
**Thick as Thieves**  
Morgan Freeman, Antonio Banderas  
15.10-19.40 (00.20 Thu-Sat)  
**Planet 51 - Animation PV - (10.20 Sat & Sun)**

**8**  
**Bright Star**  
Abbie Cornish, Ben Whishaw  
(11.50 Sat & Sun) 14.25-17.00-21.55  
**Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
19.35  
**The Road**  
Viggo Mortensen, Kodi Smit-McPhee  
(00.35 Thu-Sat)

**9**  
**The Road**  
Viggo Mortensen, Kodi Smit-McPhee  
13.00-18.30  
**Un Prophète**  
Tahar Rahim, Niels Arestrup  
15.20-21.00 (00.05 Thu-Sat)  
**Up - Animation PV - (10.30 Sat & Sun)**

**CASTELLO LOPES CINEMAS**  
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**TEL: 707 220 220**  
**28 JAN-3 FEB**

**1**  
**Sherlock Holmes**  
Robert Downey Jr, Jude Law  
12.55-15.35-18.20-21.00 (23.40 Fri & Sat)

**2**  
**Avatar**  
Sam Worthington, Michelle Rodriguez  
13.00-16.30-21.10 (00.25 Fri & Sat)

**3**  
**Thick as Thieves**  
Morgan Freeman, Antonio Banderas  
13.50-16.20-18.50-21.40 (00.20 Fri & Sat)

**4**  
**Alvin & the Chipmunks 2**  
Jason Lee, Zachary Levi  
13.10-15.10-17.10-19.10  
**Nine**  
Daniel Day-Lewis, Marion Cotillard  
21.25 (00.05 Fri & Sat)

**5**  
**Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
13.30-16.00-18.25-21.05  
**The Road**  
Viggo Mortensen, Kodi Smit-McPhee  
(23.30 Fri & Sat)

**6**  
**Up In The Air**  
George Clooney, Vera Farmiga  
13.20-15.50-18.35-21.15 (23.45 Fri & Sat)

**7**  
**Invictus**  
Morgan Freeman, Matt Damon  
12.50-15.40-18.30-21.20 (00.10 Fri & Sat)

**8**  
**A Bela e o Paparazzo**  
Soraia Chaves, Marco de Almeida  
13.40-16.10-18.40-21.30 (00.00 Fri & Sat)

**9**  
**Old Dogs**  
John Travolta, Robin Williams  
13.15-16.05-18.10-21.45 (23.50 Fri & Sat)

**CASTELLO LOPES CINEMAS**  
**PORTIMÃO**  
**TEL: 707 220 220**  
**28 JAN-3 FEB**

**1**  
**A Bela e o Paparazzo**  
Soraia Chaves, Marco de Almeida  
13.30-16.00-18.30-21.40 (00.00 Fri & Sat)

**2**  
**Up In The Air**  
George Clooney, Vera Farmiga  
13.40-16.10-19.00-21.50 (00.10 Fri & Sat)

**3**  
**Did You Hear About The Morgans?**  
Hugh Grant, Sarah Jessica Parker  
13.50-16.20-18.50  
**Agora**  
Rachel Weisz, Max Minghella  
21.10 (23.50 Fri)

**4**  
**Sherlock Holmes**  
Robert Downey Jr, Jude Law  
13.10-15.40-18.20-21.00  
**Avatar**  
Sam Worthington, Michelle Rodriguez  
(23.40 Fri & Sat)

**5**  
**Avatar**  
Sam Worthington, Michelle Rodriguez  
13.20-16.30-21.20

**6**  
**Invictus**  
Morgan Freeman, Matt Damon  
13.00-15.50-18.40-21.30 (0.20 Fri & Sat)

**OV = Original Version**  
**PV = Portuguese Version**



**Castello Lopes**  
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[www.castellolopescinemas.com](http://www.castellolopescinemas.com)



**UCI Cinemas**

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### Film Classification

Invictus - M/12  
Antichrist - M/18  
Up In The Air - M/12  
Staten Island - M/12  
Nine - M/12  
Thick as Thieves - M/12  
Das Weisse Band - M/12  
Where The Wild Things Are - M/6  
Did You Hear About The Morgans? - M/12  
Sherlock Holmes - M/12  
Alvin and the Chipmunks 2 - M/6  
Avatar - M/12

M/4 - Four years and over  
M/6 - Six years and over  
M/12 - 12 years and over  
M/16 - 16 years and over  
M/18 - 18 years and over



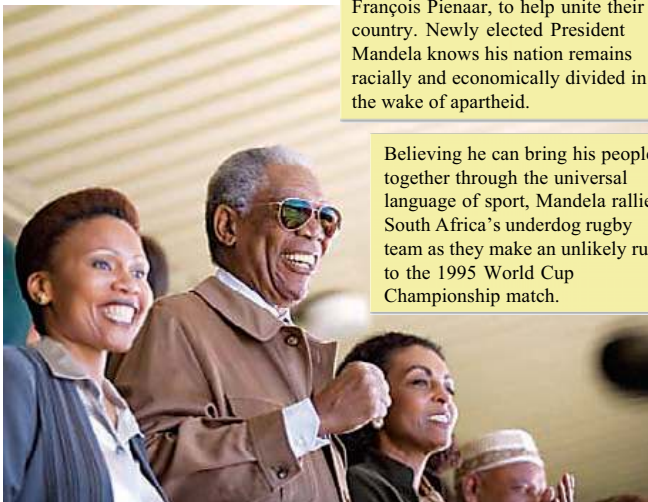
## INVICTUS

His people needed a leader.  
He gave them a champion.

**Title:** Invictus  
**Genre:** Biography |  
Drama | History | Sport  
**Stars:** Morgan Freeman,  
Matt Damon  
**Director:** Clint Eastwood

**Synopsis:** The film tells the inspiring true story of how Nelson Mandela joined forces with the captain of South Africa's rugby team, François Pienaar, to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of apartheid.

Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's underdog rugby team as they make an unlikely run to the 1995 World Cup Championship match.



**Title:** Antichrist  
**Genre:** Drama | Horror  
**Stars:** Willem Dafoe,  
Charlotte Gainsbourg  
**Director:** Lars von Trier

**Synopsis:** A grieving couple retreat to 'Eden', their isolated cabin in the woods, where they hope to repair their broken hearts and troubled marriage. But nature takes its course and things go from bad to worse.





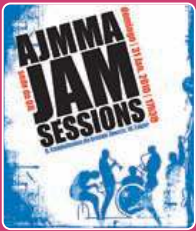
## HIGHLIGHTS



**LAGOS - January 30 - 'Jazz com todos' (Jazz with all) at Centro Cultural de Lagos** - Standard Trio will perform at 21h30 - Hugo Alves (trumpet), Hugo Santos (contrabass) and Diogo Vida (piano) - €6 - For information, please call 913469 025 - [www.jazzcomtodos.tk](http://www.jazzcomtodos.tk)



**January 31 - Fund Raising event for Haiti victims at Casa do Povo de Moncarapacho** - 15h00 - Live music with the artist Bruno Simões Pimenta - 17h00 - Charolada at Luz de Tavira - Participate.



**LAGOS - January 31 - Ajmma Jam Sessions at 17h30 at the OJL** - Promoted by the Lagos Jazz Orchestra and Associação Músicas no Sul - OJL is situated on Rua dos Combatentes da Grande Guerra, nº 10 - For more information, please call 913 469 025 or visit the site: [www.jazzcomtodos.tk](http://www.jazzcomtodos.tk)



**ARMAÇÃO DE PERA - February 1 - Monthly Quiz Night at the Hotel Garbe** - Entry 2,50 Euros per person - starts at 20h00 - max 6 people per team - A chance to win 25 Euro prize with Charity Fund Raising Raffle for Pirlampos/Gaivota Albufeira - Telephone Lynn on 919 266 770 or call the Garbe Hotel to reserve your table - Check [www.hotelgarbe.com](http://www.hotelgarbe.com) for more details.



**SILVES - February 18 - There is a bingo evening at the Silves cinema** - 19h30 for 20h00 - 2 euros entry and 5 euros for 6 games - Lots of prizes!!! The last one was enjoyed by many so it was decided to do it again, hope you can come along - For more information, please call: 282 084 438 NOTE: The dance class starts again on Saturday 27th February from 3pm to 5pm again at the Silves Cinema

These events are in aid of the Castelo de Sonhos and the more people that can come along, the more money we can donate.



**LAGOS - February 18 - Madrugada, supporting people affected by life limiting illness, presents a Karaoke Night at the Restaurant Mirage in Luz** - 19h30 - Tickets at 15 include a 3 course meal - Please make reservations with Annette on 282 762 620 - Joan on 967 732 508, Marie on 918 571 207 - or visit the Charity shop

## ALBUFEIRA

## UNTIL JANUARY 31

**Exhibition 'A More Ecological Christmas in Albufeira'** - Pintor Samora Barros Art Gallery - 10h30 to 16h30 (Closed Sundays and public holidays) - [www.cm-albufeira.pt](http://www.cm-albufeira.pt)

## ALMANCIL

## FEBRUARY 10 AND 13



**Concerts 'Chopin by Candelight'** - Feb 10th at 19h30pm: Piers Lane (piano) interpreting composers

Schubert, Brahms and Chopin and Feb13th at 19h30pm: Piers Lane (piano) interprets composer Frédéric Chopin - Bookings through telephone number: 289 395 475 - Centro Cultural São Lourenço - e-mail: [ccsl@iol.pt](mailto:ccsl@iol.pt) - [centroculturalsaolourenco.com](http://centroculturalsaolourenco.com)

## UNTIL APRIL 1



**Collective Exhibition by acclaimed artists at Art Gallery São Lourenço** - David de Almeida, Manuel Baptista, Carlos Barão, Jean-Marie Boomputte, Saskia Bremer, Teresa Calém, Rafael Canales, Philippe Claisse, João Cutileiro, Gervásio, Günter Grass, José de Guimarães, Gil Maia, Juan Martinez, Shintaro Nakaoka, Susan Norrie, João Paramés, A. R. Penck, Alfredo Garcia Revuelta, Bartolomeu dos Santos, Nuno Santiago, Georg Scheele, Antoni Tapies, Glyn Uzzell - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: [ccsl@iol.pt](mailto:ccsl@iol.pt) - [www.centroculturalsaolourenco.com](http://www.centroculturalsaolourenco.com)

## FARO

## JANUARY 30

**The Glass Menagerie by Tennessee Williams** - Figuras Theatre - 21h30 - 289 888 100 - [www.teatromunicipaldeafaro.pt](http://www.teatromunicipaldeafaro.pt)

## LAGOS

## FEBRUARY 5



**Concert by the Ricercare Choir, conducted by Pedro Teixeira opening the project 'CA10-Concertos da Academia 2010' at Centro Cultural de Lagos** - Works by Portuguese

## SOUTH

composers from the 20th and 21st century - Academia de Música de Lagos - Rua Dr. José Cabrita - Rossio S. João - 282 082 786 / 919 804 662

## DAILY

**Visit the new Charity Shop in Amadena** - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

## LOULÉ

## DAILY

**Exhibitions at Chá d'Arte** - the art gallery is situated in the historic centre of Loulé

## OLHÃO

## JANUARY 30

**Theatre play for Children 'Canta o Galo Gordo' (The fat cockerel sings)** - Municipal Auditorium - 16h00 - 289 710 170

## PADERNE

## DAILY

**Art Exhibition at Galeria Corte Real** - Signposted from Ferreira, Boliqueime & Pademe - 918 980 199 / 912 737 762

## PORTIMÃO

## JANUARY 29 &amp; 30

**Jan Afonso Henriques' Theatre 'O Bando'** - Grand Auditorium of Municipal Theatre - 29th Jan: 14h00 and 21h30; 30th Jan: 16h00 (families) - 282 402 475 / 961 579 917 - e-mail: [info@teatromunicipaldeportimao.pt](mailto:info@teatromunicipaldeportimao.pt)

## UNTIL JANUARY 30

**'Spectrum' Exhibition by Filipe da Palma** - EMARP Art Gallery - 8h30 to 17h00

## S.BRÁS DE ALPORTEL

## JANUARY 30

**New Year's Concert by Orquestra do Algarve** - Cinema-Theatre - 21h30 - [www.orquestradoalgarve.com](http://www.orquestradoalgarve.com)

## JANUARY 31

**Fado Evening** - Museu do Trajo - 21h00 - Org. by Friends of the Museum - 966 329 073 - [www.amigos-museu-sbras.org](http://www.amigos-museu-sbras.org)

## SILVES

## JANUARY 31

**New Year's March at 9h30** organised by Associação Recreativa e Cultural da Amadora (ARCA) - To join, please contact the Sports Division on 282 440 800 and 282 440 270

## TAVIRA

## JANUARY 30

**Charity Bazaar at Mercado da Ribeira** - 10h00 until 13h00 - Stalls include home baking, chutneys, herbs and spices, hand made soaps, jewelry, paintings, second hand clothes and books, bric-a-brac - Organised by The Tavira Fund Raisers in support of the Canil São Francisco at Loulé

[www.the-news.net](http://www.the-news.net)

## NORTH

## DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - [www.serralves.pt](http://www.serralves.pt)

## CENTRE

## JANUARY 31

**'Snow White in the Enchanted Forest'** - A creative fusion of beauty and creating in a fantastic realm of joy and colour in a show full of magic performed by a talented group of actors and professional skaters - 22h30 - Coliseu dos Recreios - Prices from €7.5 to €84 - Rua das Portas de Santo Antão, 96 - 213 240 580 - [www.coliseulisboa.com](http://www.coliseulisboa.com)

## DAILY

**Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy • Av. 24 de Julho

**National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850

**Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

## SINTRA

## DAILY



**Leal da Câmara Museum** • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares e Meleças • 219164303 - Fax: 21 923 6150

## Lisbon Concerts

(Tickets: See details bottom page)



**February 14 - Joss Stone performs at the Coliseu dos Recreios** - March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - March 22 & 23 - Star Wars in Concert - Sala Atlântico of

**Atlantic Pavilion** - 21h00 - April 7 - Tokio Hotel - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaatlantico.pt](http://www.pavilhaatlantico.pt) / [www.ticketline.pt](http://www.ticketline.pt) / [www.blueticket.pt](http://www.blueticket.pt) / Phone numbers: Ticketline 707 234 234 / 707 780 000



## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Home Cooking. (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Australian Open Tennis. (T) 2.00 Live Athletics. The International Match. (T) 4.30 Final Score. (T)

5.10 BBC News; Regional News; Weather. (T)  
5.30 Total Wipeout. New series. Adventure game show, hosted by Richard Hammond and Amanda Byram. (T)

6.30 So You Think You Can Dance. The fourth of the live finals. Presented by Cat Deeley. (T)  
7.30 The National Lottery. In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto, Dream Number and Thunderball draws with Gethin Jones. (T)

8.20 So You Think You Can Dance. The four dancers with the fewest viewer votes perform their solo pieces - but only two will be kept in the competition, meaning the end of the road for the others. (T)  
8.50 Casualty. Mary's father offers her the chance to cheat in an exam, but she is determined to prove she can do well without him. However, her confidence takes a dive when she finds herself treating surgeon Sarah Evans, who has collapsed in theatre. Yuki tries to impress Henry while tending to a teenager who is facing up to his own mortality. Adam and Jessica bury their son, and Ruth finally plucks up the courage to tell Jay she loves him. With guest stars Ron Moody (Fagin in Oliver!) and Chris Fountain (Hollyoaks). (T)

9.40 Live at the Apollo. Bafta-nominated actor Rob Brydon hosts the comedy show from the Hammersmith Apollo, and welcomes Sarah Milligan and Jason Byrne to the stage. (T)

10.10 BBC News; Weather. (T)  
10.30 Match of the Day. Gary Lineker is joined by Alan Hansen and Alan Shearer to present highlights of today's Premier League clashes, including Burnley v Chelsea at Turf Moor and Fulham v Aston Villa at Craven Cottage. Brian Laws faces a tough test in his first home fixture since becoming Burnley manager as the Clarets welcomed the title favourites, while Villa were looking to improve their chances of a top-four finish by doing the double over the Cottagers. (T) National Lottery Update. (T)

11.50 The Football League Show. Manish Bhasin is joined by Steve Claridge to present highlights and all the goals from today's fixtures in the Championship, League One and League Two. (T)  
1.05 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.15 BBC News. (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (T) 9.55 The Crocodile Hunter Diaries. (R) (T) 10.25 Postcard to Operator. (R) (T) 11.55 News and Weather. (T) 12.04 London Weather. (T) 12.05 FILM: K-9: PI (2003). Crime comedy sequel, starring James Belushi. (T) 1.50 FILM: Fletch Lives (1989). Comedy sequel, starring Chevy Chase. (T) 3.30 Best Ever Hidden Camera Shows. (T) (R) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Weather. (T)

5.00 FILM: Ice Age (2002). Animated adventure, with the voice of John Leguizamo. (T)  
6.30 New You've Been Framed! Harry Hill narrates a selection of camcorder calamities and mobile phone footage, including a bust-up between bridesmaids, fun in the kitchen and a talking dog. (T)

7.00 Harry Hill's TV Burp. New series. The big-collared comedian looks back at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)

7.30 Take Me Out. A ballet dancer, an Irish barman, a magician and a Welsh actor try to impress 30 single women in the dating game. Last week's couples also go on their dates, discovering whether they are a match made in heaven or hell. Paddy McGuinness presents. (T)  
8.30 All Star Mr & Mrs. Coronation Street actress Beverley Callard (Liz McDonald), former salad fromman Noddy Holder and Boyzone singer Mikey Graham - currently competing in Dancing on Ice - are joined by their real-life partners for the show in which couples undergo relationship scrutiny in the hope of winning 30,000 for their chosen charity. Fern Britton and Phillip Schofield present. (T)

9.30 FILM: Nine Months (1995). A child psychologist who is not keen on children faces a crisis when his live-in girlfriend announces she is pregnant. Romantic comedy, starring Hugh Grant and Julianne Moore. (T)  
11.20 ITV News and Weather; Weather. (T)  
11.35 FILM: The River (1984). Drama, starring Sissy Spacek and Mel Gibson; (T) ITV News Headlines.

1.50 FILM: Pieces of April (2003). Premiere. Comedy drama, starring Katie Holmes. (T) 3.10 Six Degrees. (R) (T) 3.55 ITV Nightscreen.

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Boal (R) (T) 6.45 Louie. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Richard Hammond's Blast Lab. (R) (T) 8.30 Jump Nation. (T) 9.30 Frank Patrol. (T) 10.00 Ed and Ocho's Excellent Inventions. (T) 10.30 Keep Your Enemies Close. (T) 11.00 The Slammer. (R) (T)

(R) - repeat programme  
(T) - programme w/teletext subtitles  
(S) - programme broadcast in stereo  
(bw) - black and white

11.30 Animals at Work. (R) (T) 12.00 Greek. (T) 12.45 BBC Switch: The 5:19 Show. (T) 1.05 BBC Switch: The Well. (R) (T) 1.15 BBC Switch: The Well. (R) (T) 1.30 BBC Switch: The Well. (R) (T) 2.00 All Saints. (T) 2.45 FILM: The Journey of Natty Gann (1985). Disney adventure, starring John Cusack. (T) 4.20 Dolly Parton: Live from London. (T) 5.30 Dolly Parton: Platinum Blonde. (R) (T) 6.30 A History of Christianity. (T) 7.30 Empire of the Seas: How the Navy Forged the Modern World. The growth of Britain's empire. (R) (T) 8.30 The Virtual Revolution. New series. Journalist and academic Aleks Krotoski explores whether the world-wide web has lived up to its founding fathers' aims of providing free and equal access to information. (T) 9.30 QI XL. Stephen Fry hosts an extended version of the quiz show with a difference, welcoming contestants Jo Brand, David Mitchell, Sean Lock and regular panelist Alan Davies. (T) 10.15 Heroes. (T) 11.00 FILM: The Hitchhiker's Guide to the Galaxy (2005). Sci-fi comedy, starring Martin Freeman. (T) 12.40 FILM: Anatomy of a Murder (1959). Courtroom drama, starring James Stewart. (T) (bw) 3.15 Close.

## C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freeports on 4. (R) (T) 7.30 World Sport. (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.55 T4: Glee. (R) (T) 10.55 T4: Music Favourites: Ke\$ha. (R) (T) 11.25 T4: Friends. (R) (T) 11.55 T4: Celebrity Big Brother: The Final. (R) (T) 12.55 T4: Celebrity Big Brother: The Final. (R) (T) 1.55 Channel 4 Racing from Cheltenham and Doncaster. Including the 3.25 Sky Bet Chase (Hcp) (3m). (T) 3.55 Three Hungry Boys. (T) 4.25 Come Dine with Me Extra Portions. (R) (T) 4.55 Come Dine with Me Extra Portions. (R) (T) 5.30 Come Dine with Me Extra Portions. (R) (T) 6.00 Come Dine with Me Extra Portions. (R) (T) 6.30 Channel 4 News. (T) 7.00 Britain's Big Freeze. As Britain experiences one of the coldest winters in decades, this documentary examines the reasons for the weather and what the consequences have been. (R) (T) 8.00 FILM: The Day After Tomorrow (2004). A climatologist races across America to save his son as freak weather conditions cause devastation across the world. Disaster thriller, starring Dennis Quaid and Jake Gyllenhaal. (T) 10.20 FILM: Pitch Black (2000). The survivors of a spaceship crash are attacked by nocturnal predators when an eclipse plunges the alien planet into darkness. Sci-fi horror, starring Vin Diesel and Radha Mitchell. (T) 12.20 Big Brother's Big Mouth. 1.20 FILM: Lady in White (1988). Supernatural horror, starring Lukas Haas. (T) 3.15 The Dead Zone. (R) (T) 4.00 Scrapheap Challenge. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Treacle People. (R) (T) 5.50 The Treacle People. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.30 Milkshake! Monkey. (R) (T) 7.35 Chirol. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Milkshake! Pop Box. (R) (T) 8.00 Hanna's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Men Show. (R) (T) 9.30 Gerald McBoingBoing. (R) (T) 10.00 NFL UK. (T) 11.00 Extreme Fishing with Robson Green. (R) (T) 12.00 Zoo Days. (R) (T) 12.20 FILM: Patch Adams (1998). Comedy drama, with Robin Williams. (T) 2.30 FILM: Cutaway (2000). Action thriller, starring Stephen Baldwin. (T) 4.35 Five News. (T) 4.45 FILM: The Postman (1997). Apocalyptic adventure, starring Kevin Costner. (T) 7.45 NCIS. Two Marines' wives are murdered and although Gibbs initially suspects they were victims of domestic violence, later evidence suggests the case may involve professional killers. (R) (T) 8.40 CSI: Crime Scene Investigation. A boxing champion dies in the ring. (R) (T) 9.40 CSI: NY. The team fears a serial killer is on the

loose after discovering DNA evidence at a murder scene that matches 11 other homicides. Crime drama, starring Gary Sinise. (T) 10.40 Law & Order: Special Victims Unit. (R) (T) 11.35 Crime Scene Anatomy. (R) (T) 12.05 SuperCasino. 4.05 House Doctor. (R) (T) 4.30 House Doctor. (R) (T) 5.00 Hanna's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

## Best of the Rest

## BBC3

7.00 Out-Takes 7.20 Top Gear 8.20 The Real Hustle Undercover 8.50 Film: National Treasure PG (2004) 10.50 Family Guy 11.15 Family Guy 11.40 Film: 16 Blocks 12 (2006) 1.15 Being Human 2.15 The Real Hustle Undercover 2.45 EastEnders: The Greatest Offenders 3.45 Out-Takes 4.05 Being Human 5.05 Close

## BBC4

7.00 Hamlet 10.05 The Big 3 Palladium Orchestra at the Barbican 11.05 Nurse Jackie 11.35 The Armstrong & Miller Show 12.05 The Thick of It 12.35 BBC Proms 2009 2.25 The Big 3 Palladium Orchestra at the Barbican 3.25 Close

## ITV2

1.25 Holiday Airport: Cyprus 2.25 Holiday Airport: Cyprus 3.25 Holiday Showdown 4.25 The Planet's Funniest Animals 5.00 American Idol 6.00 American Idol 7.00 Film: Twister PG (1996) 9.00 Film: The Interpreter 12 (2004) 11.40 Film: Alone Came Polly 12 (2004) 1.30 Harry Hill's TV Burp 2.00 Teleshopping 5.00 ITV2 Nightscreen  
Sky1  
1.00 Got to Dance 2.00 Fat Families 3.00 UK Border Force 4.00 Bill Bailey's Birdwatching Bonanza 5.00 Got to Dance 6.00 Futurama 6.30 The Simpsons 7.00 Simpsons - Mischief & Mayhem 7.30 The Simpsons 8.00 Oops TV 9.00 Film: American Pie 2 (2001) 11.05 Got to Dance 12.05 Bill Bailey's Birdwatching Bonanza 1.05 Road Wars 2.00 NCIS: Los Angeles 2.55 Road Wars 3.00 Prison Break 4.40 Road Wars 5.05 Are You Smarter Than 10 Year Old?

## GOLD

1.00 The Good Life 1.40 The Good Life 2.15 The Good Life 2.55 The Good Life 3.35 The Good Life 4.15 The Good Life 4.55 The Good Life 5.35 The Good Life 6.15 The Good Life 6.55 The Good Life 7.30 Only Fools and Horses 9.10 Victoria Wood Live 11.10 Film: The Cable Guy 12 (1996) 1.10 Victoria Wood Live 3.00 Close  
TCM  
1.00 Once Upon a Crime PG (1992) 3.00 Not With My Wife, You Don't! PG (1966) 5.20 September PG (1987) 7.00 Wild Wild West 12 (1999) 9.00 Romeo Is Bleeding 18 (1993) 11.10 Showtime 12 (2002) 1.00 Romeo Is Bleeding 18 (1993) 3.00 Teleshopping 5.00 Once Upon a Crime PG (1992)

## The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: The Princess Diaries U (2001) Family comedy, starring Anne Hathaway.

## MOVIES

## Sky Movies Drama

7.15 Out of Africa PG (1985) 10.00 Phoebe in Wonderland PG (2008) 11.45 The Mexican 15 (2001) With Brad Pitt. 2.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 4.00 The Top 10 Show 4.20 The Preacher's Wife U (1996) With Whitney Houston. 6.30 Sleuth 15 (2007) With Michael Caine. 8.00 Frost/Nixon 15 (2008) With Frank Langella. 10.00 Inland Proposal 15 (1993) With Demi Moore. 12.10 Crash 18 (1996) With James Spader. 2.00 Control 15 (2007) With Sam Riley. 4.10 Redemption of the Ghost PG (2001)

## Sky Movies Comedy

6.30 Big Stan 15 (2007) 8.25 Dr Doolittle 4: Tail to the Chief PG (2008) 9.55 Shrek U (2001) 11.30 Get Smart 12 (2008) With Steve Carell. 1.25 How to Lose Friends & Alienate People 15

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (T) 11.45 News and Weather. (T) 11.54 London Weather. (T) 11.55 FILM: Clockwise (1986). Comedy, starring John Cleese. (T) 1.45 FILM: Columbo: Dead Weight (1971). Crime drama, starring Peter Falk. (T) 3.15 Agatha Christie's Poirot. (R) (T)  
5.15 London Tonight; Weather. (T)  
5.30 ITV News and Weather. (T)  
5.45 Harry Hill's TV Burp. Comic review of the week's small-screen highlights. (R) (T)  
6.15 Dancing on Ice. The 11 remaining contestants skate to hits of the 1970s, hoping to wow the judges and viewers and survive another week on the ice. Phillip Schofield and Holly Willoughby host. (T)  
8.30 Wild at Heart. Danny confides in Du Plessis that he intends to ask Alice to marry him, but the arrival of his stepdaughter Olivia threatens to derail his plans.

(2008) With Simon Pegg. 3.20 The Accidental Husband 12 (2008) With Uma Thurman. 4.55 Dr Doolittle 4: Tail to the Chief PG (2008) With Kyla Pratt. 6.25 Shrek U (2001) With Mike Myers. 8.00 Get Smart 12 (2008) With Steve Carell. 10.00 How to Lose Friends & Alienate People 15 (2008) With Simon Pegg. 11.55 Big Stan 15 (2007) With Rob Schneider. 1.50 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 3.20 The Accidental Husband 12 (2008) 5.05 Smokey and the Bandit II PG (1980)  
Sky Movies Action/Thriller

6.05 Rumble in the Bronx 15 (1995) 7.40 Cleaner 15 (2007) 9.15 The Scorpion King 2: Rise of a Warrior 12 (2008) 11.05 Body of Lies 15 (2008) With Leonardo DiCaprio. 1.15 Rumble in the Bronx 15 (1995) With Jackie Chan. 2.50 Eagle Eye 12 (2008) With Shia LaBeouf. 4.50 Cleaner 15 (2007) With Samuel L. Jackson. 6.25 The Dark Knight 12 (2008) With Christian Bale. 9.00 Body of Lies 15 (2008) With Leonardo DiCaprio. 1.10 Eagle Eye 12 (2008) With Shia LaBeouf. 1.10 Lethal Weapon 218 (1989) With Mel Gibson. 3.10 The Invasion 15 (2007) 4.55 Volcano: Fire on the Mountain PG (1997)

## SPORT

## Sky Sports 1

6.00 Aerobics O2 Style 6.30 FIFA Futbol Mundial 7.00 Premier League Preview 7.30 Football League Weekend 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 5.15 Live Saturday Night Football. Leicester City v Newcastle United (Kick-off 5.20pm). 7.30 You're on Sky Sports 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Anglo-Welsh Cup Rugby Union 5.15 FIFA Futbol Mundial 5.45 Sky Sports Classics

## Sky Sports 2

6.00 World Sport 6.30 Center Bunter 7.00 Tight Lines 8.00 Super League 9.30 Live European Tour Golf. The Qatar Masters. 1.30 ICC Under-19s World Cup Cricket 2.00 Friday Night 4.00 ICC Under-19s World Cup Cricket 4.30 European Tour Golf 6.00 Live PGA Tour Golf. The San Diego Open. 1.00 European Tour Golf 12.30 Spanish Football 2.00 Anglo-Welsh

## Saturday's Pick



The Virtual Revolution, B.8.30pm

How long ago does it seem since we used to get things done without the ease and convenience of going online? Everything from sending messages and buying clothes to booking holidays and searching for directions can be made immeasurably easier using the internet. It's only been 20 years since the invention of the World Wide Web and yet so quickly have we come to rely upon it. This new four-part documentary series follows journalist and academic Dr Aleks Krotoski as she examines the profound impact the web has had on our lives. She

Cup Rugby Union 3.00 NFL: Total Access 4.00 Spanish Football 5.00 Airports World

## Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Fight Night 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Elite League Ice Hockey 3.00 WWE Royal Rumble Preview 3.30 WWE: Smackdown 5.30 Live Anglo-Welsh Cup Rugby Union. London Wasps v Scarlets (Kick-off 5.45pm). 6.00 World Sport 8.30 WWE Royal Rumble Preview 9.00 WWE: Late Night - Superstars 10.00 Extreme Championship Wrestling 11.00 WWE Royal Rumble Preview 11.30 WWE: Late Night - Smackdown 1.30 WWE Royal Rumble Preview 2.00 World Sport 2.30 Center Bunter 3.00 Wild Spirits 3.30 WWE Royal Rumble Preview 4.00 Airports World 4.25 Live International Cricket. Australia v Pakistan.

## British Eurosport

7.30 Game, Set and Mats 8.00 Live Australian Open Tennis. The women's singles final from Melbourne. 10.45 Alpine Skiing 11.15 Nordic Combined Skiing 12.00 Alpine Skiing 1.00 Live Ski Jumping. The World Cup HS213 team event from Oberstdorf, Germany. 2.45 Nordic Combined Skiing 3.15 Live Luge. The World Cup meeting in Cesana, Italy. 3.55 Wintersports Weekend 4.00 Live Africa Cup of Nations. The third-place play-off (Kick-off 4.00pm). 6.00 Africa Cup of Nations 6.15 Game, Set and Mats 6.40 Justine Henin Special 6.45 Live Snooker: The Welsh Open. The second semi-final at the Newport Centre. 10.00 Australian Open Tennis 11.00 Alpine Skiing 12.00 Alpine Skiing 12.30 Game, Set and Mats 12.55 Africa Cup of Nations 1.10 Justine Henin Special 1.15 Close

## Sky Sports 4

6.00 Race World 7.00 Elite League Ice Hockey 9.00 Transworld Sport 10.00 Max Power 11.00 Racing News 11.30 Super League 1.00 Max Power 2.00 Sports Unlimited 3.00 Pool 4.30 Center Bunter 5.00 Max Power 6.00 World Sport 6.25 ICC Under-19s World Cup Cricket 6.55 Live Spanish Football. Sporting Gijon v Barcelona (Kick-off 7.00pm) and Deportivo La Coruna v Real Madrid (Kick-off 9.00pm). 11.00 Anglo-Welsh Cup Rugby Union 12.00 NFL: Total Access 1.00 PGA Tour Golf

ture, TV drama, theatre, visual arts and a special award for outstanding achievement. Among those nominated are musicians Frankmusik and Florence and the Machine, actors Sarah Waters, Peter Akinin and Adam Foulds, Britain's Got Talent winners Diversity. TV drama Being Human, Collision and Red Riding and films An Education, Fish Tank and The Damned United. Billy Connolly, Ian McKellen, David Attenborough, Rob Brydon and Jarvis Cocker are among those handing out the awards. (T)

11.40 FILM: De-Lovely (2004). Biopic of Cole Porter, starring Kevin Kline. (T)

1.50 FILM: When Good Ghosts Go Bad (2001). Fantasy comedy, starring Christopher Lloyd. (T) (TV) News Headlines. 3.25 Dating the Enemy. (R) (T) 3.50 ITV Nightscreen.



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WORLDWIDE



6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R)  
(T) 6.50 Beach Volleyball. (R) (T) 7.45 Running  
to the Limits. (R) (T) 8.45 T4: The Hills. (R) (T)  
9.10 T4: Friends. (R) (T) 9.45 T4: Hollyoaks  
(T) 12.20 T4: Cheryl Cole: Video Exclusive. (T)  
12.25 T4: Beyonce: I Am Yours - An Intimate  
Performance from Wynn, Las Vegas. (R) (T)  
1.25 T4: Friends. (R) (T) 1.55 T4: Beyonce: For  
the Record. (R) (T) 2.55 T4: 90210. (T) 3.45 T4:  
The Simpsons. (R) (T) 4.15 T4: The Simpsons

6.00 CBC Big Blue Book Little Cook (R) (T)  
7.00 Criford (R) 6.35 Boo! (R) 6.45  
7.15 Louie, (R) 7.30 CBCB: Dan's House, (R)  
7.30 Tracy Traker Beaker Returns, (R) 8.00  
Spirit Warriors, (R) 8.30 Live Australian  
Open Tennis. Coverage of the men's singles  
final from Melbourne Park, (T) 12.00 Animal  
Park, (R) 12.30 Escape to the Country, (R)  
(T) 1.15 Film 3:30 to Yuma (1957), Western,  
with Glenn Ford and Van Heflin. (T) 2.45  
All Saints, (T) 3.30 Live Africa Cup of Nations  
Final. The showpiece match (Kick-off 4.00pm).  
(T) 6.15 Ski Sunday. The men's World Cup  
slalom race from Schladming, Austria. Last  
year's winner, the 2000 Olympic gold medalist,  
Gabe Cassella, is competing for the U.S.A.  
back to 10,000BC, discovering its kings once  
ruled ancient Egypt and that it was defeated not  
by its rivals but by its environment. (T) 8.00 The  
Best of Top Gear. Jeremy Clarkson, Richard  
Hammond and James May present a compila-

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Beach Volleyball. (R) (T) 7.45 Running to the Limits. (R) (T) 8.45 T4: The Hills. (R) (T) 9.10 T4: Friends. (R) (T) 9.45 T4: Hollyoaks. (T) 12.20 T4: Cheryl Cole: Video Exclusive. (T) 12.25 T4: Beyonce: I Am Yours - An Intimate Performance from Wynn, Las Vegas. (R) (T) 1.25 T4: Friends. (R) (T) 1.55 T4: Beyonce: For the Record. (R) (T) 2.55 T4: 90210. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons.

0.00 Breakfast. (T) 9.15 Her Hunters. (T)  
10.00 Wasted Down Under Revisited. (T) BBC  
News; Weather. (T) 11.00 Best of Homes  
Under the Hammer. (T) 11.30 Cash in the  
Attic. (T) BBC News; Weather. (T) 12.15 Bar-  
gaining. (T) 1.00 5B News; Weather. (T)  
1.30 Reggae Reggae; Weather. (T) 1.45 Doc-  
tors. (T) 2.15 Murdoch. She Wrote. (T) 3.00  
BBC News; Weather; Regional News. (T)  
3.05 Cbeebies; Big & Small. (R) 3.15  
Grandpa in My Pocket. (R) 3.25 CBCB  
(Tron). (R) 3.50 Ooglies. (R) (T) 4.05  
Sport; I've Got No Head. (R) (T) 4.35 MI  
(R) 5.00 Newsround. (T)

5.15 Weakest Link. General knowl-  
edge quiz, with Anne Robinson,  
and a panel of members of the public  
to outdo each other to win a  
cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes;  
Weather. (T)

7.00 The One Show. Adrian Chiles  
and Christine Bleakley present  
reports on issues affecting peo-  
ple around the UK. (T)

7.30 Inside Out. Stories of interest to  
the region; (T) BBC News; Re-  
gional News. (T)

8.00 EastEnders. Roxy turns down  
Peggy's offer of help as she  
begins recruiting for new bar  
staff, and Amira feels re-  
jected by Syed, which sends her  
into the arms of Danny. (T)

8.30 Panorama. An investigation into  
the myths and realities of the  
new child protection register,  
which will eventually contain the  
details of nine million people  
who will have to be screened as  
vulnerable adults. The Govern-  
ment insists that it has taken on  
board the concerns of objectors  
who doubt the new system will  
actually work, but uncertainty  
remains about whether it will  
deter paedophiles. Jeremy Ven-  
n presents a report assessing  
both sides of the debate. (T)

9.00 Hustle. When Mickey is conned  
during the online purchase of a  
millionaire home, he becomes con-  
vinced the incident has guaran-  
teed him a run of bad luck. In an  
attempt to restore his confi-  
dence, the team plots against  
the man responsible, sly busi-  
nessman Mervyn Lloyd, who  
dreams of working with famous  
entrepreneurs but lacks the in-  
tegrity and morals to do so.  
Dragons' Den investors Deborah  
Meaden, Peter Jones and  
Duncan Barnatny appear as  
themselves. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 The Richard Dimbleby Lecture  
2010: Shaking Hands with Dea-

11.20 Author Terry Pratchett explores how modern society, confronted with an increasingly older population, must redefine how it deals with death. (T)

Late Kick Off. A round-up of the weekend's Football League action, featuring all the goals and reaction to matches involving local clubs, along with behind-the-scenes reports and archive footage. (T)

7.30 TV Morning News. (T) 6.00 GMT. (TV)  
9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30  
TV News and Weather. (T) 1.55 London News  
and Weather. (T) 2.00 GMT. (TV) 2.30  
Dickinson's Real Deal. (R) (T) 3.59 London  
Weather. (T) 4.04 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T)  
6.00 London Tonight; Weather. (T)  
6.30 TV News and Weather. (T) 7.00  
Emmerdale, Hannah reaches  
breaking point as the bullying  
continues, and Maisie tries to  
put on a brave face. Elsewhere  
Val and Pollard are over the  
moon with how well the restaur-  
ant is doing. (T)

7.30 Coronation Street. Peter and  
Leanne zone into old friend Ciaran  
(Boozy's Keith Duffy replacing  
the role), who might be able to  
solve their problem with the new  
bar, but their difficulties over  
Simon's schooling continue to  
drive a wedge between them and  
Ken. Becky confides in Claire  
about her pregnancy, while Betty  
is interviewed by the Gazette  
after naming her youngest oldest  
brother-in-law as the oldest  
barrmaid in the north-west. (T)

8.00 The Lakes. Rory McGrath meets  
a farmer who has earned so  
many rosettes for his eggs that  
he is in the Guinness Book of  
Records, and discovers an unusu-  
al way of sightseeing - on a  
Segway. (T)

8.30 Coronation Street. Steve tries  
to boost Becky's confidence  
as motherhood takes its toll.  
Peter turns the street reawaken-  
ment to Peter's yearning for alcohol,  
and Kevin is caught between  
Tyrene and Molly. (T)

9.00 Law & Order: UK. Brooks and  
Devlin are called to investigate  
when a man is attacked and his  
kidney is surgically removed.  
The focus quickly turns to find-  
ing the intended recipient of the  
organ, and the team is horrified  
to discover that it has been  
transferred into the NHS and given  
to wealthy patient Joanna  
Woodleigh. When the case is  
handed over to the CPS, a con-  
flict of interests soon becomes

## FIVE

6:00 Sunrise. (R) 7:00 Elmo's World. (R) (T)  
 7:15 Fireman Sam. (R) 7:30 The Milkshake  
 Monkey. (R) (T) 7:50 Doctor Who. (R) 7:40 Make  
 Way for Noddy. (R) (T) 7:50 Bob Crook. (R) (T)  
 7:55 The WoTots. (R) (T) 8:05 Hannah's Helpline.  
 (R) (T) 8:15 Milt: Sheepdog Tales. (R) (T) 8:30  
 The Adventures of Bottle Top Bill and His Best  
 Friend Corky. (R) (T) 8:50 Harry and His Bucket  
 Full of Dinosaurs. (R) 9:00 Olivia. (R) (T)  
 9:15 The Mr Men Show. (R) (T) 9:35 Gerald  
 McBoingBoing. (R) (T) 10:00 Shake!: Hannah  
 Montana. (T) 10:35 Wizards of Waverly Place.  
 (R) (T) 11:00 Zoo Days. (R) (T) 11:20 A Concert  
 with Andre Rieu. (R) (T) 12:05 Top Trumps: All

7.00 Sunrise. (T) 7.00 Elmo's World. (R) (T) 7.15 Fireman Sam. (R) 7.30 Milkshake Monkey. (R) 7.35 Chris. (R) 7.40 Make Me For Noddy. (R) 7.50 Bob Hop. (R) 7.55 The WoTots. (R) 8.05 Hana's Hip Hop. (R) 8.15 Milt Sheepsfoot Tapes. (R) 8.30 The Mole. (R) 8.40 The Mole's New Friend Cory. (R) 8.50 Harry and His Bucket Full of Dinosaurs. (R) 9.00 Olivia. (R) 9.15 The Mr Men Show. (R) 9.35 Gerald McBoing Boing. (R) 10.00 Shakes! Hannah Montana. (T) 10.35 Wizards of Waverly Place. (T) 11.00 Zoo Days. (R) 11.20 A Concert with Andre Rieu. (R) 12.05 Top Trumps! All Terrain Vehicles. (R) 12.35 Ice Road Trucks. (R) 13.35 Dreams Come True: A Christmas Special. (R) 14.00 The Mice and the Seal. (R) 14.20 FILM: Princess Charming (2001). Fairy-tale fantasy, starring Sam Maguire. (T) 4.35 Mickey Mouse: Lone Star Ghosts. (R) 4.40 FILM: Aladdin (1992). Animated adventure, featuring the voice of Robin Williams. (T) 6.35 Five Nights. (T) 6.40 FILM: Superman III. (R) The Man of Steel battles to thwart the schemes of an evil villain and a computer genius. Comic-book adventure set in the 1980s. (R) 7.00 The Dark Knight and Robert Vaughn. (T) 9.00 FILM: Vacancy (2007). Premiere. A car breakdown forces a couple to stop at an isolated motel, where they realise they have been lured into a deadly trap. Horror, with Kate Beckinsale and Luke Wilson. Includes Five News Update. (T) 10.45 FILM: The Blair Witch Project (1998). Horror, starring Heather Donahue. (T) 12.20 Urban Legends. (R) (T) 12.50 SuperGasso. 4.05 House Doctor. (R) 4.10 The House Doctor. (R) 4.15 The Helpline. (R) 7.50 The Milkshake Show. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.45 Roary the Racing Car. (R) (T)

apparent as Steel and Phillips go up against George Castle in court. Bleak House actor Denis Lawson guest stars, with Bradley Walsh, Jamie Bamber and Freema Agyeman. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: Terminator 2: Judgment Day (1991). Sci-fi action adventure sequel, with Arnold Schwarzenegger. (T)

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T)  
6.20 Clifford. (R) 6.35 Boof! (R) 6.45  
Loutie. (R) 6.55 Pingü. (R) 7.00 CBCS:  
Loutie. (R) 7.25 Newsround. (T) 7.30 Deadly  
Beasts. (R) 7.45 Super Mario. (R) 8.00  
8.10 Street Monster. (R) 8.15 Arthur. (R)  
(T) 8.30 CBeebies: Wibbly Pig. (R) 8.40  
Get Squiggling. (R) 9.00 Loutie. (R) 9.10  
Finley the Fire Engine. (R) 9.25 Lunar Lunatic.  
(R) 9.35 Little Prairie Dogs. (T) 9.45 Our  
Planet. (R) 9.55 Telly Tales. (R) (T) 10.10  
The Big Bang Theory. (R) 10.45 Ready,  
Steady Go! 11.00 So So's: Victorian Scotland. (T)  
11.20 Maths Channel. (T) 11.30 Maths Chan-  
nel. (T) 11.40 The Romans. (T) 12.00 Daily  
Politics. (T) 12.30 Working Lunch. (T) 1.00  
Panic Attack. (T) 1.30 Animal Park. (R) 1.40  
2.15 Car Booty. (R) 2.30 Diagnosis Mur-  
der. (R) 2.45 Pleg It. (R) 3.40 Ready,  
Steady Go! 7.15 Escape to the Country.  
(R) 6.00 Eggheads. (T) 6.30 Priceless:  
Antiques Roadshow. (T) 7.00 Seven Ages of  
Britain. The art and artefacts that define British  
history. (R) 8.00 University Challenge. St John's  
College, Oxford, takes on the Univer-  
sity of Cambridge. 8.30 The Great British  
Decades. Della Smith recalls her work during  
the 1990s. (T) 9.00 The British Family. How  
children have come to dominate family life in  
the past decade. Last in the series. (T) 10.00  
Nurse Jackie. Drug abuse begins to take toll on  
Jackie. (T) 10.30 Newsnight. (T) Weather.  
11.00 The Island. 11.30 The Island. 12.00  
Island Parish. (R) 12.15 SURF News. (R)

6.10 The Tools, (R) 6.13 The Holy (R)  
 7.00 Freshly Squeezed, 7.25 Everybody  
 Loves Raymond, (R) 7.55 Everybody Loves  
 Raymond, (R) 8.20 Frasier, (R) 8.50  
 Will & Grace, (R) 9.15 *Wings* (The Perfect  
 Recall, (R) 9.45 Deal or No Deal, (R) 10.15  
 10.35 According to Jim, (T) 11.00 ER, (R)  
 12.00 Channel 4 News Summary, (T) 12.05  
 The TV Book Club, (T) 12.30 *Place in the Sun*,  
 (R) (T) 1.00 FILM: *Mary, Queen of Scots* (1971).  
 Historical biopic, starring Vanessa Redgrave.  
 (T) 3.25 Countdown, (T) 4.10 Deal or No Deal  
 (T) 4.45 *Ant & Dec's Saturday Night Takeaway*,  
 (T) 5.30 *Comic Relief*, (T) 5.35 *Comic Relief*,  
 (T) 6.30 Hollywood, (T) 7.00 Channel 4 News, (T)  
 8.00 Dispatches: Afghanistan - Behind Enemy  
 Lines. Reporter Najibullah Qurashi is granted  
 access to a faction of extreme Islamic combat-  
 ants in Afghanistan who are operating in the  
 north of the country. (T) 9.00 Tower Block (R)  
 Commons. New series. Politicians sample life

**BBC3**  
 7.00 The Real Hustle Undercover 7.30 Film:  
 Legally Blonde 12.05 Family Guy 9.00 Being Human  
 10.00 Heroes 10.45 Family Guy 11.10 Family Guy  
 11.35 Being Human 12.35 Harper's Island  
 1.15 Coming of Age 1.45 Believe in UFOs:  
 Danny Dyer 2.45 EastEnders: The Greatest  
 Cliffhangers 3.40 Coming of Age 4.10 Out-  
 takes: US Presidents 4.25 Believe in UFOs:  
 Danny Dyer 5.25 Close

**BBC4**  
 7.00 The Andy Williams Show - Duets 8.00  
 Lost Kingdoms of Africa 8.50 Around the World  
 in 80 Treasures 9.00 Watching the Dead 10.00  
 Latin Music USA 11.00 Mad Men 11.45 Mad  
 Men 12.35 Lost Kingdoms of Africa 1.25  
 Watching the Dead 2.25 Latin Music USA 3.25  
 Mad Men 4.10 Mad Men 5.00 Close

TV2  
1.15 Harry Hill's TV Burp 1.45 American Idol  
2.45 American Idol 3.45 Brits Hits 30.4 New  
You've Been Framed 5.15 Dancing on Ice  
The Skate Off 5.45 Dancing on Ice Friday 6.15 The  
Planet's Funniest Animals 6.50 Film:  
Kindergarten Cop 10.50 (9.00) 9.00 Film: Miami  
Vice 11.05 (2006) 11.40 (Secret Diary of a Call Girl)  
12.10 Secret Diary of a Call Girl 12.40 Billie and  
the Real Belle Barre 1.41 Dancing on Ice 3.05  
Dancing on Ice: The Skate Off 3.30 Teleshopping  
Sky1  
1.00 The Real A&E 2.00 Fat Families 3.00  
Obese at 16 Real Goo to Dance 5.00  
The Simpsons 5.30 The Simpsons 6.00 Goo to Dance  
7.00 Are You Smarter Than Your 10 Year Old?

**GOLD**  
 1.15 One Foot in the Grave 1.55 One Foot in the Grave 2.35 One Foot in the Grave 3.15 Only Fools and Horses 5.00 Heroes of Comedy 6.00 Heroes of Comedy 7.00 One Foot in the Grave 9.00 Only Fools and Horses 10.10 Film: The Cable Guy 12 (1996) 12.10 Last of the Summer Wine 2.00 Heroes of Comedy 2.55 Close Up  
**TQM**  
 1.00 Tortilla Soup PG (2002) 9.00 Auntie Mame (1958) 5.50 The Screening Room 6.30 Mary, Mary, Quite Contrary 9.00 Band of Brothers 9.55 Band of Brothers 11.10 10/18 (1979) 12.25 Ron Howard: 50 Years in Film 3.00 Teleshopping 5.00 Tortilla Soup PG (2002)  
**The Disney Channel**  
 Kids' programmes from 7am, except: 4.00 Film: Halloween II (1998) Fantasy adventure, starring Debbie Reynolds.

1.75 One Foot in the Grave 1.55 One Foot in the Grave 2.35 One Foot in the Grave 3.15 Only Fools and Horses 5.00 Heroes of Comedy 6.00 Heroes of Comedy 7.00 One Foot in the Grave 9.00 Only Fools and Horses 10.10 Film: The Cable Guy 12 (1996) 12.10 Last of the Summer Wine 2.00 Heroes of Comedy 2.50 Close Up  
**TOM**  
1.00 Tortilla Soup PG (2002) 3.00 Auntie Mame U (1958) 5.50 The Screening Room 6.30 Mary, Mary PG (1963) 9.00 Band of Brothers 9.50 Band of Brothers 11.10 "10" 18 (1979) 1.25 Ron Howard: 50 Years in Film 3.00 Teleshopping 5.00 Tortilla Soup PG (2002)  
**The Disney Channel**  
Kids' programmes from 7am, except: 4.00 Film: Halloween Town U (1998) Fantasy adventure, starring Debbie Reynolds.

Kids' programmes from 7am, except: 4.00  
Film: *Halloweentown* U (1998) Fantasy  
adventure, starring Debbie Reynolds.

[illegible]

**BBC3**  
7.00 Doctor Who 7.50 Doctor Who Confidential  
8.00 Don't Get Screwed 8.30 The Real Hustle  
Undercover 9.00 Gavin & Stacey 9.30 Little  
Britain 10.00 EastEnders 10.30 Being Human  
11.30 Family Guy 11.55 Family Guy 12.20  
Gavin & Stacey 12.50 Little Britain 1.20 The  
Real Hustle Undercover 1.50 Being Human  
2.50 I Believe in UFOs: Danny Dyer 3.50 Don't  
Get Screwed 4.20 Cash Mob 4.50 Coming of  
Age 5.20 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30  
Shooting the War 8.30 Only Connect 9.00

### Sky Movies Drama

6.10 The Evening Star 15 (1996) 8.25 The Top 10  
Show 8.45 On Broadway 12 (2007) 10.30 Loving  
Leah PG (2009) 12.15 Regarding Henry 15  
(1991) With Harrison Ford. 2.05 35MM 2.35  
The Boy in the Striped Pyjamas 12 (2008) With  
David Thewlis. 4.15 The Other Boleyn Girl 12  
(2008) With Natalie Portman. 6.15 The Hunting  
Party 15 (2007) With Richard Gere. 8.00 No  
Country for Old Men 15 (2007) With Josh Brolin.  
10.10 Vantage Point 12 (2008) With Dennis  
Quaid. 11.50 King of the Hill 15 (1993) With  
Jesse Bradford. 1.50 Sweeney Todd: The Demon  
Barber of Fleet Street 18 (2008) With Johnny

6.50 Jerry Maguire 15 (1996) 9.20 Over Her  
Dead Body 12 (2008) 11.00 Dude, Where's My  
Car? 15 (2000) With Seann William Scott.  
12.30 Disaster Movie 12 (2008) With Matt  
Lanter. 2.00 The Women 12 (2008) With Meg  
Ryan. 4.00 Jerry Maguire 15 (1996) With Tom  
Cruise. 6.20 Over Her Dead Body 12 (2008)  
With Eva Longoria Parker. 8.00 Dude, Where's  
My Car? 15 (2000) With Seann William Scott.  
9.30 Disaster Movie 12 (2008) With Matt  
Lanter. 11.05 Brewster's Millions PG (1985)  
With Richard Pryor. 12.50 The Women 12  
(2008) With Meg Ryan. 2.50 Miss Pettigrew  
Lives for a Day PG (2008) With Frances  
McDormand. 4.30 McHale's Navy PG (1997)

**Sky Movies Action/Thriller**

6.30 The Top 10 Show 6.45 Airport '77 PG  
(1977) 8.45 The Forbidden Kingdom 12 (2008)  
1.40 Gone in 60 Seconds 15 (2000) 12.50  
Dragon: The Bruce Lee Story 15 (1993) With  
Jason Scott Lee 3.00 Street Kings 15 (2008)  
With Keanu Reeves 5.00 The Forbidden  
Kingdom 12 (2008) With Jet Li 6.55 Gone in 60  
Seconds 15 (2000) With Nicolas Cage 9.00  
Executive Decision 15 (1996) With Kurt  
Russell 11.15 Exit Wounds 18 (2001) With  
Steven Seagal 1.00 Dragon: The Bruce Lee  
Story 15 (1993) With Jason Scott Lee 3.05  
Street Kings 15 (2008) 5.00 Airport '77 PG  
(1977)

**Sky Sports 1**  
6.00 Aerobics Oz Style 6.30 Football First 8.00  
Football First 9.30 The Sunday Supplement  
11.00 Goals on Sunday 1.00 Live Super Sunday.  
Manchester City v Portsmouth (Kick-off  
1.30pm). 3.30 Live Super Sunday. Arsenal v  
Manchester United (Kick-off 4.00pm). 6.30  
Super Sunday: The Last Word 7.00 Live Spanish  
Football. Atletico Madrid v Malaga and Sevilla

**Monday 01/02/10** The Gadget Show, Five, 8pm

It's hard to believe that The Gadget Show has been on our screens for 13 series, but it's testament to its popularity that it is still going strong. This evening, Jason Bradbury, Jon Bentley, Suzi Perry and Oris Deley test all sorts of gadgets and gizmos (it's a hard life for some, isn't it?) and present the very latest news to do with the advancement in consumer technology. However, life's not always peachy, as tonight's edition demonstrates. After drawing the short straws, Suzi and Jason face their most punishing challenge to date when they're dumped in the Liwa desert in Abu Dhabi, considered to be one of the most arid and inhospitable places on Earth. Thankfully, the estranged pair have a range of gadgets on hand to help them survive the extreme heat.

Murder on the Lake 10.30 Film: White Mischief  
 18 (1987) 12.10 Chemistry: A Volatile History  
 1.10 Only Connect 1.40 Murder on the Lake  
 3.10 Shooting the War 4.10 Close

**ITV2**

1.00 Emmerdale 1.30 The Jeremy Kyle Show  
 2.35 The Jeremy Kyle Show 3.40 Loose Women  
 4.40 Judge Judy 6.00 American Idol 7.00 All  
 Star Mr & Mrs 8.00 Harry Hill's TV Burp 8.30  
 The Big Bang Theory 9.00 Hell's Kitchen  
 USA 10.00 Secret Diary of a Call Girl 10.30  
 Secret Diary of a Call Girl 11.00 Billie and the  
 Real Beale Bae All 11.30 Coronation Street  
 12.00 Coronation Street 12.30 Emmerdale 1.00  
 Entourage 1.35 Teleshopping 4.35 Celebrity  
 Stick Up 5.00 ITV2 Nightscreen  
 Switch

**ITV3**

1.00 The Simpsons TV 3.00 The Simpsons 2.00 Angels  
 and Friends 3.30 Lost 4.30 Lion Man 5.00  
 Malcolm in the Middle 5.30 Futurama 6.00  
 Simpsons TV 7.00 The Simpsons 7.30 The  
 Simpsons 8.00 Football's Next Star 9.00 Got to  
 Love 10.00 21.11.02 12.00 Road Wars 1.00  
 Road Wars 1.50 Road Wars 2.20 Don't Forget  
 the Daisies 2.50 The Simpsons 3.50 The  
 Battler's Galactica 5.00 Bite Size Brainiacs  
 5.05 Are You Smarter Than a 10 Year Old?

**Sky Sports 2**  
6.00 Watersports World 7.00 Wild Spirits 7.30  
World Sport 8.00 Spanish Football 9.30 Live  
European Tour Golf. The Qatar Masters. 1.30  
Live International Rugby Union. England  
Saxons v Ireland A (Kick-off 2.00pm). 4.00  
International Cricket 6.00 Live PGA Tour Golf.  
The San Diego Open. 11.30 Wild Spirits 12.00  
Live NFL. The Pro Bowl (Kick-off 12.30am).  
3.00 Close

6.00 Live International Cricket. Australia v Pakistan. 12.30 Anglo-Welsh Cup Rugby Union. 1.30 This Week In WWE 2.00 WWE Royal Rumble Preview 2.30 Wild Spirits 3.30 Live Hockey. The National Indoor Hockey Championships. 7.00 WWE Royal Rumble Preview 7.30 International Cricket 9.30 WWE Royal Rumble Preview 10.00 This Week In WWE 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 WWE Royal Rumble Preview 1.00 European Tour Golf 2.30 Close

7.30 Gamet Set and Mats 8.00 Live Australian Open Tennis. The men's singles final from Melbourne Park. 12.00 Alpine Skiing 1.00 Live Ski Jumping. World Cup coverage from Oberstdorf in Germany. 2.45 Live Nordic Combined Skiing. The World Cup meeting from Seefeld in Austria. 3.25 Wintersports Weekend 3.30 Africa Cup of Nations 3.45 Live Africa Cup of Nations. The final (Kick-off 4.00pm). 6.00 Africa Cup of Nations 6.15 Game Set and Mats 6.30 Justin Henin Sepinl 6.45 Live Snooker: The Welsh Open. The concluding session of the final. 10.00 Africa Cup of Nations 11.00 Athletics 12.30 Game Set and Mats 12.45 Justin Henin Sepinl 12.55 Africa Cup of Nations 1.10 Wintersports Weekend 1.15 Close

6.00 WWE Special 7.00 WWE Royal Rumble  
Preview 7.30 This Week In WWE 8.00 WWE:  
Afterburn 9.00 WWE Vintage Collection 10.00  
Anglo-Welsh Cup Rugby Union 11.00 Racing  
News 11.30 Wild Spirits 12.00 Tracking Euro  
12.30 Elite League Ice Hockey 2.30 Pool 4.00  
WWE Royal Rumble Preview 4.30 European  
Tour Golf 6.00 Tracking Euro 6.30 International  
Rugby Union 8.00 Pool 9.30 Tracking Euro  
10.00 International Rugby Union 11.30 Bass  
Fishing 12.30 Pool 2.00 Close

## 1 Feb



**GOLD**  
 1.20 Waiting for God 2.00 The Brittas Empire  
 2.40 The Brittas Empire 3.20 As Time Goes By  
 4.00 As Time Goes By 4.40 The Good Life 5.20  
 The Good Life 6.00 Last of the Summer Wine  
 6.40 Last of the Summer Wine 7.20 The Green  
 Grass 8.00 Only Fools and Horses 9.30  
 Only Fools and Horses 11.00 The New  
 Men 11.30 The New Adventures of  
 Old Christine 12.30 The New Adventures of  
 Old Christine 1.00 Porridge 1.40 Men Behaving  
 Badly 2.10 The New Adventures of Old Christine  
 2.35 The New Adventures of Old Christine

**TQM**  
 1.00 Fluke PG (1995) 3.00 The Apartment PG  
 (1960) 5.45 Band of Angels PG (1957) 8.15 The  
 Apartment PG (1960) 10.00 Love Is 11.00  
 11.40 Adios, Sabata 15 (1971) 2.00 The  
 Screening Room 3.00 Teleshopping 5.00 Fluke  
 PG (1995)

**The Disney Channel**  
 Kids' programmes from 7am, except: 7.00  
 Film: High School Musical U (2006) Teen  
 musical, starring Zac Efron and Vanessa  
 Hudgens. 8.35 Film: High School Musical 2  
 (2007) Sequel to the teen musical, starring Zac  
 Efron.



## MOVIES

## Sky Movies Drama

6.00 Marco Polo 7.30 The Astronaut Farmer PG (2006) 9.15i Could Never Be Your Woman 12 (2007) 11.00 35MM 11.30 The Oxford Murders 15 (2008) With Elijah Wood, 1.30 Get Real 15 (1999) With Ben Stiller, 3.30 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt, 5.15 Scent of a Woman 15 (1992) With Al Pacino, 9.00 Defiance 15 (2008) With Daniel Craig, 11.20 Home of the Brave 15 (2006) With Samuel L. Jackson, 1.10 American Beauty 18 (1999) With Kevin Spacey, 3.30 Gully with Sin 15 (1993) 5.10 Malpractice PG (2001)

## Sky Movies Comedy

6.25 The Christmas Clause PG (2008) 8.00 The Bachelor 12 (1999) 9.45 35MM 10.15 27 Dresses 12 (2008) 12.15 Nutty Professor: The Klumps 12 (2000) With Eddie Murphy, 2.15 Fool's Gold

12 (2008) With Matthew McConaughey, 4.15 The Bachelor 12 (1999) With Chris O'Donnell, 6.00 27 Dresses 12 (2008) With Katherine Heigl, 8.00 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy, 10.00 My Best Friend's Girl 15 (2008) With Dane Cook, 1.15 Fool's Gold 12 (2008) With Matthew McConaughey, 1.50 First Sunday 12 (2008) With Cuba Gooding Jr, 3.35 My Best Friend's Girl 15 (2008) 5.30 The Christmas Clause PG (2008)

## Sky Movies Action/Thriller

7.00 Next of Kin 15 (1989) 8.50 The Sender 18 (1982) 10.25 Babylon AD 15 (2008) 12.00 RocknRolla 15 (2008) With Gerard Butler, 2.00 White Sands 15 (1992) With William Dafoe, 3.30 Johnny Handsome 15 (1989) With Mickey Rourke, 5.25 Babylon AD 15 (2008) With Vin Diesel, 7.00 RocknRolla 15 (2008) With Gerard Butler, 9.00 Cape Fear 18 (1991) With Robert De Niro, 11.10 Con Air 15 (1997) With Nicolas Cage, 1.10 Sleepers 18 (1996) With Brad Pitt, 3.40 Rec 18 (2007) 5.05 Point Last Seen PG (1998)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.00 Super Sunday: The Last Word 10.30 Spanish Football 12.20 Football Special 1.30 Super Sunday: The Last Word 2.00 Spanish Football 4.00 Football Special 5.00 Super Sunday: The Last Word 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League, Bury v Rochdale (Kick-off 7.45pm), 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Football League 2.30 Sports Unlimited 3.30 Watersports World 4.40 Max FFA Futbol Mundial

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 PGA Tour Golf 12.30 European Tour Golf 2.00 Friday Night Fight 4.00 Snow Ride 4.30 NFL 6.00 Wild Spirits 6.30 Athletics 7.00 European

Tour Golf 8.00 PGA Tour Golf 9.00 Wonderful World of Golf 10.30 PGA Tour Classic 11.30 Athletics 12.00 European Tour Golf 1.00 PGA Tour Golf 2.00 Wonderful World of Golf 3.30 PGA Tour Classic 4.30 Athletics 5.00 Close

## Sky Sports 3

6.00 Hockey 8.00 WWE: Bottom Line 9.00 NFL: America's Game 10.00 NFL: America's Game 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL: 3.10 Snow Ride 2.00 Super League 3.30 Aerobics Oz Style 4.30 Rugby Union 4.30 This Week in WWE 5.00 WWE: Raw 7.00 Bass Fishing 8.00 NFL 9.30 Wild Spirits 10.00 Poker 12.00 WWE: Late Night - Afterburn 1.00 Extreme Championship Wrestling 2.00 Live WWE: Late Night - Raw, Wrestling action from the States, 4.15 Close

## British Eurosport

7.30 Wintersports Weekend 7.35 Game, Set and Mats 7.50 Justine Henin Special 8.00 Africa Cup of Nations 8.15 Ski Jumping 9.30 Ski

## Sky Sports 4

7.00 International Rugby Union 8.30 International Cricket 10.30 Super League 12.00 Hockey 2.00 NFL: America's Game 3.00 NFL: America's Game 4.00 Hockey 6.00 NFL: America's Game 7.00 NFL: America's Game 8.00 Pool 9.30 Snow Ride 10.00 NFL: America's Game 11.00 NFL: America's Game 12.00 Bass Fishing 1.00 Poker 3.00 Snow Ride 3.30 Wild Spirits 4.00 NFL: America's Game 5.00 Close

(R) - repeat programme  
(T) - programme w/teletext subtitles  
(S) - programme broadcast in stereo  
(bw) - black and white

## TUE

## BBC1

6.00 Breakfast, (T) 9.15 Her Hunters, (T) 10.00 Wasted Down Under Revisited, (T) BBC News: Weather, (T) 11.00 Best of Homes Under the Hammer, (T) 11.30 Cash in the Attic, (T) BBC News: Weather, (T) 12.15 Bargain Hunt, (T) 1.00 BBC News: Weather, (T) 1.30 Regional News: Weather, (T) 1.45 Doctors, (T) 2.15 Murder, She Wrote, (T) 3.00 BBC News: Weather, Regional News, (T) 3.05 CBeebies: Big & Small, (R) (T) 3.15 Ganda in My Pocket, (R) (T) 3.25 CBBC: Tronji, (R) (T) 3.50 Oogies, (R) (T) 4.05 Deadly 60, (R) (T) Street Monsters, (R) (T) 4.35 Blue Peter, (T) 5.00 Newsround, (T) 5.15 Weakest Link, Anne Robinson oversees the back-stabbing general knowledge quiz, (T) 6.00 BBC News: Weather, (T) 6.30 Regional News Programmes: Weather, (T) 7.00 The One Show, Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood, (T) 7.30 EastEnders, Jack admits to Ronnie he followed her to Archie's grave and warns her not to arouse suspicion with her behaviour, Bianca is disappointed by news from her father, EastEnders' Greatest Cliffhangers Follows on BBC3, (T) BBC News: Regional News, (T) 8.00 Holly City, Ric tries to ensure Thandie does not get the register position, but gives the wrong impression, Elliot worries about Penny as she faces an assessment, and Faye clashes with Holly, (T) 9.00 Survivors, A chance encounter with Billy, a generous travelling trader, has dire consequences for Greg and his friends, who are tracked down by Samantha's men and brought to her compound, Determined to reintroduce the judicial system, she forces Tom to stand trial for his crimes, Tom to the full extent of his sordid past is finally revealed, Mac Beesley, Paterson Joseph and Nikki Amuka-Bird star, with Only Fools and Horses' Roger Lloyd Pack, (T) 10.00 BBC News, (T) 10.25 Regional News: Weather, (T) 10.35 My Child Won't Speak, In the second documentary exploring some of the more unusual aspects of parenthood, three families discuss their struggle to raise children with selective mutism - a condition that causes an otherwise healthy child to suffer from a fear of speaking. The programme meets an eight-year-old Northamptonshire girl who communicates using a white board, and a 10-year-old from Dover who never utters a word outside her home. Part of the Being Mum season, (T) 11.25 Film 2010 with Jonathan Ross. A review of Clint Eastwood's Invictus, a biographical film about Nelson Mandela's attempts to reunite post-apartheid South Africa with the help of the country's rugby union team, (T) 11.55 The Apprentice USA, Donald Trump reviews events in this series so far, (T) 12.40 The Apprentice USA, (T) Weatherview, (T) 1.30 Sign Zone: See Hear, (R) (T) 2.00 Sign Zone: Andrew Marr's The Making of Modern Britain, (R) (T) 3.00 Sign Zone: Great British Railway Journeys, (R) (T) 3.30 BBC News, (T)

## ITV1

5.30 ITV Morning News, (T) 6.00 GMTV, (T) 9.25 The Jeremy Kyle Show, (T) 10.30 This Morning, (T) 12.30 Loose Women, (T) 1.30 ITV News and Weather, (T) 1.55 London News and Weather, (T) 2.00 House Gift, (T) 3.00 Dickinson's Real Deal, (T) (R) 3.59 London Weather, (T) 4.00 A Touch of Frost, (R) (T) 5.00 The Alan Titchmarsh Show, (T) 6.00 London Tonight: Weather, (T) 6.30 ITV News and Weather, (T) 7.00 Emmerdale, Faye is furious when Natasha tells her that Ryan should stay away from Maisie, accusing her of trying to forget about Mark, Moira and Diane are shocked when Victoria comes home from school with scratches on her face and a bleeding ear, and Carl continues to avoid taking responsibility for his children, (T) 7.30 The Krypton Factor, Four more contestants bid to reach the semi-final as they are tested on their memory, logic and general knowledge, and face the daunting physical assault of Ben Shepherd presents, (T) 8.00 Cops with Cameras, Officers in south London try to stop a confrontation spiralling out of control, and Grampian police target a major problem - drunk and dangerous drivers. Last in the series, (T) 9.00 Amanda Holden's Fantasy Lives, The Britain's Got Talent judge lives her dream of becoming a Hollywood stuntwoman, and discovers the grit behind the glamour as she experiences frightening falls and car crashes, before facing her greatest phobia - being set on fire, Amanda meets leading female stunt artists who have doubled for Tinseltown's biggest stars, including London-born Sophia Crawford, who teaches the actress a brutal fight sequence, (T) 10.00 ITV News at Ten and Weather, (T) 10.30 London News and Weather, (T) 10.35 Fiers Morgan On, The journalist travels to Dubai for an insight into the extremes of the city. He explores the jaw-dropping skyscrapers, luxury hotels and astounding affluence created in the middle of the desert in just 20 years. He also talks to some of the 120,000 British people living and working there, and finds out how they co-exist alongside the Muslim culture, (R) (T) 11.35 Billie and the Real Belle Bare All, Actress Billie Piper meets the real Belle de Jour, Dr Brooke Magnanti, who talks in her first full-length TV interview about her time spent as a high-class call girl, (T) 12.00 Nightwatch with Steve Scott: Emergency, (R) (T) ITV News Headlines, 12.55 Loose Women, (R) (T) 1.45 The Jeremy Kyle Show, (R) (T) 2.45 ITV Nightscreen.

## BBC2

6.00 CBeebies: Big Cook Little Cook, (R) (T) 6.20 Clifford, (R) (T) 6.35 Boal (R) (T) 6.45 Louie, (R) (T) 6.55 Ping, (R) (T) 7.00 CBBC: Tronji, (R) (T) 7.25 Newsround, (T) 7.30 Deadly 60, (R) (T) 8.00 League of Super Evil, (R) (T) 8.10 Street Monsters, (R) (T) 8.15 Arthur, (R) (T) 8.30 CBeebies: Wibbly Pig, (R) (T) 8.40 Get Squiggling, (R) (T) 9.00 Louie, (R) (T) 9.10 Finley the Fire Engine, (R) (T) 9.25 Lunar Jim, (R) (T) 9.35 Little Prairie Dogs, (R) (T) 9.45 Our Planet, (R) (T) 9.55 Telly Tales, (R) (T) 10.10 Waybuddy, 10.30 In the Night Garden, (R) (T) 11.00 Schools: BBC Primary Geography, (T) 11.20 KS2 Science Clips, (T) 11.30 Telling Tales, (T) 11.35 Telling Tales, (T) 11.40 Let's Write a Story, (T) 12.00 Daily

Politics, (T) 12.30 Working Lunch, (T) 1.00 Panic Attack, (T) 1.30 Animal Park, (R) (T) 2.15 Car Booty, (R) (T) 3.00 Diagnosis Murder, (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready Steady Cook, (T) 5.15 Escape to the Country, (R) (T) 6.00 Eggheads, (T) 6.30 Priceless Antiques Roadshow, (T) 7.00 The Great Rift: Africa's Wild Heart, The diverse waterways of the Great Rift Valley, (R) (T) 8.00 The Hair Bikers: Mums Know Best, Si King and Dave Myers sample recipes usually reserved for special occasions, (T) 9.00 How Earth Made Us, The effect of the Earth's winds on the development of civilisation, (T) 10.00 Muslim Driving School, Grandmother Taslima Din becomes frustrated at her slow progress to ward passing her test, but Ramadan and the wait to see if her mother will receive a visa also play on her mind, (T) 10.00 Newsnight, (T) Weather, (T) 11.20 Mad Men, (T) 12.10 Mad Men, (T) 12.55 BBC News, (T) 3.30 Close.

## C4

6.10 The Hoobs, (R) (T) 6.35 The Hoobs, (R) (T) 7.00 Freshly Squeezed, 7.25 Everybody Loves Raymond, (R) (T) 8.20 Frasier, (R) (T) 8.50 Will & Grace, (R) (T) 9.20 Wogan's Perfect Recall, (R) (T) 9.50 Deal or No Deal, (R) (T) 10.35 According to Jim, (T) 11.05 ER, (R) (T) 12.00 Channel 4 News Summary, (T) 12.05 A Place in the World, (R) (T) 12.30 Ocean Race, (R) (T) 1.35 Film: The Wrong Arm of the Law (1962), Crime comedy, starring Peter Sellers, (T) (bw) 3.25 Countdown, (T) 4.10 Deal or No Deal, (T) 4.55 Wogan's Perfect Recall, (T) 5.30 Come Dine with Me, (T) 6.00 The Simpsons, (R) (T) 6.30 Hollyoaks, (T) 7.00 Channel 4 News, (T) 7.30 The Hotel Look Show, Naked with a Difference, Gok Wan helps a blind magistrate improve her fashion sense. Last in the series, (T) 8.00 Halli's Killer Quake: Why It Happened, The natural forces behind the earthquake that struck Haiti on January 12, (T) 10.00 Shameless, Mimi takes charge of the preparations for baby Connor's christening, beginning by relieving Kelly of her duties as godmother, which causes her to complain to Shane. The next episode opens on E4, (T) 11.05 The Big Bang Theory, (T) 11.35 Out of 10 Cats, (R) (T) 12.10 Late Night Poker, (R) (T) 1.10 World Sport, (R) (T) 1.40 Ironman UK, (R) (T) 2.35 Survival of the Fittest, (R) (T) 3.00 Freestyle 4, (R) (T) 3.30 Ocean Race, (R) (T) 4.20 Sailing, (R) (T) 4.50 St Elsewhere, (R) (T) 5.40 Yo Gabba Gabba, (R) (T)

## FIVE

6.00 Milkshake! Pocoloy, (R) (T) 6.05 Fireman Sam, (R) (T) 6.20 The Beeps, (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky, (R) (T) 6.45 Flog It! (R) (T) 6.50 The Milky and Shake Show, (R) (T) 6.55 Peppa Pig, (R) (T) 7.00 Peppa Pig, (R) (T) 7.05 Little Princess, (R) (T) 7.20 The Mr Men Show, (R) (T) 7.30 Chiro, (R) (T) 7.40 Roary the Racing Car, (R) (T) 7.50 Noddy in Toyland, (R) (T) 8.05 Fill and the Flowerbuds, (R) (T) 8.20 Peppa Pig, (R) (T) 8.25 Thomas & Friends, (R) 8.35 Ispan Ogan, (T) 8.50 Funky Valley, (R) (T) 8.55 Rupert Bear, (R) (T) 9.05 Milkshake! Music Box, (R) (T) 9.15 The Wright Stuff, (T) 10.45 Trisha Goddard, (R) (T) 11.45 House Doctor: Inside and Out, (R) (T) 12.35 Five News, (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Cooking the Books, (R) (T) 1.45 Neighbours, (T) 2.15 Home and Away, (R) (T) 2.50 The Family Recipe, (R) (T) 3.00 Own Britain's Best Home: Flying Visit, (R) (T) 3.10 FILM: Crossed Over (2002), Fact-based drama, starring Diane Keaton, (T) 5.00 Five News with Natasha Kaplinsky, Weather, (T) 5.30 Neighbours, (R) (T) 6.00 Home and Away, (R) (T) 6.25 Live from Studio Five, (T) 7.30 Morky Life, A balding macaque is protected from his troop, (R) (T) 7.30 Five News Update, (T) 8.00 Ice Road Truckers, Lisa Kelly has a close encounter with a 18-wheeler on the Dalton Highway, (T) 8.00 Five News at 9, (T) 9.00 CSI: Crime Scene Investigation, A police officer fatally shoots one of his colleagues, (T) 10.00 CSI: Miami, Horatio and the team head for the Everglades, where two men have been murdered in a manner consistent with a hit by Russian mobsters, David Caruso and Emily Procter star, (R) (T) Five News Update, (T) 11.00 CSI: NY, (R) (T) 12.00 The FBI Files, (R) (T) 1.00 Super Casino, 4.00 Brian Sewell's Grand Tour, (R) (T) 4.45 Wildlife SOS, (R) (T) 5.10 Neighbours, (R) (T) 5.35 Home and Away, (R) (T)

## Best of the Rest

BBC3  
7.00 Doctor Who: 7.45 Doctor Who Confidential 8.00 EastEnders: The Greatest Cliffhangers 9.00 Believe in Miracles: Jodie Kidd 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 I Believe in Miracles: Jodie Kidd 12.50 Coming of Age 1.20 EastEnders: The Greatest Cliffhangers 2.15 Cannabis: Britain's Secret Farms 3.15 Cash Mob 4.15 Nip and Tuck: My Big Decision 5.15 Close

BBC4  
7.00 World News Today 7.00 Weather 7.30 Hidden Histories 8.00 Timeshift: How to Win at Chess 9.00 Storyville: Last White Man in Africa 10.00 We Need Answers 10.30 Newsview with Charlie Brooker 11.00 Timeshift: How to Win at Chess 12.00 Storyville: Last White Man in Africa 1.00 Newsview with Charlie Brooker 1.30 Hop, Skip and Jump: The Story of Children at Play 2.30 Hop, Skip and Jump: The Story of Children at Play 3.30 We Need Answers 4.00 Close  
ITV2  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00 American Idol 7.00 Film: Two Weeks Notice 12.00 The Vampire Diaries 10.00 The Vampire Diaries 11.00 Film: Shaun of the Dead 15 (2004) 1.05 Emmerdale 1.35 Teleshopping 3.35 The Montel Williams Show 4.15 Teleshopping 5.15 ITV2 Nightscreen Sky1  
1.00 Cops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Cops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Target: Universe 9.00 Caprica 10.00 Caprica 11.00 Lost 12.00 Lost 10.00 Caprica 1.50 Caprica 2.40 Road Wars 3.30 Ross Kemp in Afghanistan 4.20 Battlestar Galactica 5.10 Don't Forget the Lyrics  
GOLD  
1.20 Yes Minister 2.00 Whatever Happened to the Likely Lads? 2.40 Whatever Happened to the Likely Lads? 3.20 Keeping Up Appearances 4.00 Keeping Up Appearances 4.40 Only Fools and Horses 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Yes Minister 8.00 Only Fools and Horses 9.25 Porridge 10.00 Only Fools and Horses 11.20 Gimme Gimme Gimme 12.00 The New Adventures of Old Christine 12.30 The New Adventures of Old Christine 1.00 The New Statesman 1.35 Gimme Gimme Gimme 2.10 The New Adventures of Old Christine 2.35 The New Adventures of Old Christine 3.00 Close  
TOM  
1.00 Canadian Bacon PG (1995) 3.00 The Angel Levine PG (1970) 5.30 The Big Country PG (1958) 9.00 The Towering Inferno 15 (1974) 12.00 Comes a Horseman 15 (1978) 3.00 Teleshopping 5.00 The Angel Levine PG (1970)

The Disney Channel  
Kids' programmes from 7am, except:

## MOVIES

Sky Movies Drama  
6.50 Marco Polo 8.25 Cleaverville 12 (2007) 10.00 35MM 10.30 Pool and Out 15 (2008) 12.15 Lions for Lambs 15 (2007) With Robert Redford, 2.00 The American President 15 (1995) With Michael Douglas, 4.00 The Top 10 Show, 4.15 Then She Found Me 15 (2007) With Helen Hunt, 6.00 Man of the Year 12 (2006) With Robin Williams, 8.00 W 15 (2008) With Josh Brolin, 10.15 Thick as Thieves 15 (2009) With Morgan Freeman, 12.00 Control 15 (2007) With Sam Riley, 2.10 Blue Collar 18 (1978) With Richard Pryor, 4.15 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy  
7.00 Bad Medicine 15 (1985) 8.45 Dr Doolittle 4: Tail to the Chief PG (2008) 10.15 A Bunch of Amateurs 15 (2008) 12.00 35MM 12.30 Ghost Town 12 (2008) With Ricky Gervais, 2.15 Bulletproof 18 (1996) With Adam Sandler, 3.45 Balls of Fury 12 (2007) With Dan Fogler, 5.30 Bad Medicine 15 (1985) With Steve Guttenberg, 7.15 A Bunch of Amateurs 15 (2008) With Burt Reynolds, 9.00 Ghost Town 12 (2008) With Ricky Gervais, 10.45 Bulletproof 18 (1996) With Adam Sandler, 12.15 Zack and Miri Make a Porno 18 (2008) With Seth Rogen, 2.00 Balls

Jumping 10.30 Nordic Combined Skiing 11.00 Biathlon 12.00 Biathlon 12.30 Africa Cup of Nations 1.30 Athletics 3.00 Alpine Skiing 3.45 Australian Open Tennis 4.45 Australian Open Tennis 5.45 Eurogals: Oneto One 6.00 Alpine Skiing 6.45 Ski Jumping 7.15 Australian Open Tennis 8.15 Football: World Cup Preview 8.45 Eurogals 9.30 Africa Cup of Nations 10.45 Africa Cup of Nations 11.00 Eurogals 11.45 Ski Jumping 12.30 Close

6.40 The Game 15 (1997) 9.00 The Temp 15 (1993) 10.00 Bad Boys 18 (1995) 1.00 Flight of the Intruder 12 (1990) With Danny Glover, 3.00 Pale Rider 15 (1985) With Clint Eastwood, 5.00 Bad Boys 18 (1995) With Will Smith, 7.00 Redbelt 15 (2008) With Chwetel Ejiofor, 9.00 Sudden Death 18 (1995) With Jean-Claude Van Damme, 10.55 Bangkok Dangerous 18 (2008) With Nicolas Cage, 12.40 Renegades 18 (1989) With Kiefer Sutherland, 2.30 Frenzy 18 (1972) With Jon Finch, 4.30 Copperhead 18 (2008)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 SPL Round-Up 10.00 Football League 11.30 Soccer AM: The Best Bits 12.30 SPL Round-Up 1.00 Netbusters 1.30 Football League 3.30 SPL Round-Up 3.30 Netbusters 4.00 Soccer AM: The Best Bits 5.00 Football's Next Star 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Spotlight 11.30 A-League 12.00 Football 1.00 Football 1.30 Revista De La Liga 2.30 Football 3.00 A-League 3.30 Powerboating 4.00 Football Special 5.00 A-League 5.30 Football 5.30

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Afterburn 8.00 Soccer AM: The Best Bits 9.00 European Tour Golf 10.00 PGA Tour Golf 11.00 Wonderful World of Golf 12.30 PGA Tour Classic 1.30 Athletics 2.00 NFL:

## Tuesday's Pick

Tuesday 02/02/10 Haiti's Killer Quake: Why It Happened, CH4, 9pm



The world finds itself in the aftermath of a disaster almost unparalleled in human history. It is impossible not to be affected by the images of suffering that still pour in each day, three weeks since the earthquake rocked the Caribbean nation of Haiti. The ensuing devastation has created the biggest humanitarian crisis of the past decade. This timely documentary looks at what happened and why, using 3D graphics and location footage to pick apart the mechanics of the quake itself. Looking deeper into the earth's crust, the programme uncovers the immense tectonic forces that led to the quake. So far 21st-century earthquakes have claimed over half a million lives, all from a total of less than 15 minutes of ground movement. The programme examines these events to find out what they reveal about the Haiti quake. But ultimately earthquakes

don't kill people, buildings do. Poor construction and overcrowded cities caused the vast majority of deaths. Could Haitians have constructed buildings that would have survived the quake? It's a question of immense importance for the whole region as geologists believe that the current quake is just one of a sequence of huge tremors that will hit the Caribbean within the next 40 years. What's in store for the region and will geologists ever be able to predict these catastrophes?

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## BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News; Regional News. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBBC: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (R) (T) 3.50 OoGies. (R) (T) 4.05 Sam! (R) (T) 5.00 Monsters. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Crop to Shop: Jimmy's Supermarket Secrets. Farmer Jimmy Doherty explores the global food logistics that make it possible for supermarkets to stock and sell fresh goods from around the world all year round. He learns about the science and technology that prevents food from decaying in the long journeys from field to plate, and meets the people who make this worldwide production and delivery chain work. (T) BBC News; Regional News. (T)

8.30 Inspector George Gently. Bacchus and Gently hunt for the murderer of a woman whose body is discovered in a local church. As the investigation progresses, it turns out the victim was a waitress working at the first hostess club in Newcastle - an establishment that has greatly upset the local religious community. Martin Shaw and Lee Ingleby star, with guest appearances by Brendan Gyle (Lark Rise to Candleford) and Mark Williams (the Harry Potter films). (R) (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The National Lottery Draws. More fortune is made as the balls are set rolling to decide the all-important Thunderball, Dream Number and Lotto numbers. Presented by Jodie Prenger. (T)

10.45 FILM: Air Force One (1997). Action thriller, starring Harrison Ford. (T) National Lottery Update and Weatherview. (T)

12.45 Sign Zone: Antiques Roadshow. (R) (T) 1.45 Sign Zone: Country Tracks. (R) (T) 2.40 Sign Zone: Great British Railway Journeys. (R) (T) 3.10 BBC News. (T)

(R-) repeat programme  
(T-) programme w/teletextsubtitles  
(S-) programme broadcast in stereo  
(bw-) black and white

## ITV1

3.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ryan is angry when Faye refuses to forget about Mark, and takes up Katie's offer of sleeping on her sofa to avoid his mother. Elsewhere, Hannah pleads with Moira and John not to go into school, but her parents are adamant that Victoria and Kayleigh should be punished, and Lisa is delighted when she comes home to find Zak has prepared dinner. (T)

7.30 Live FA Cup Football. A fourth-round replay from the world's biggest domestic cup competition. The teams will be competing a place in the last 16 tonight and the chance to move a step closer to Wembley. In the event of extra-time and penalties, subsequent programmes are subject to change. (T)

10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Dead Calm (1988). Suspense thriller, with Nicole Kidman and Sam Neill. (T) 12.00 October Road. (R) (T) ITV News Headlines. 1.10 Loose Women. (R) (T) 2.00 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Booi. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Nature's Calendar. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Panic Attack. (R) (T) 2.30 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 FlogIt! (R) (T) 4.30 Ready Steady Cook. (R) (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Coast. The team travels between Ireland's Galway Bay and Fastnet Rock. Alice Roberts visits the island of Skellig Michael and Neil Oliver examines the area's links with Columbus. (R) (T) 8.00 Natural World. A study of communication between prairie dogs. (T) 9.00 Horizon. Don't Grow Old. Documentary exploring the latest scientific research into the reasons why people become older, and the efforts made by some scientists to delay the ageing process. (T) 10.00 The Persuasionists. Billy experiences writer's block. (T) 10.30 Newsnight; Weather. (T) 11.20 Sign Zone: Newsnight Offliner. (T) 12.20 BBC News. (T) 3.10 Coast.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 8.20 Frasier. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.50 Deal or No Deal. (R) (T) 10.35 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 The Kitchen Pharmacy. (R) (T) 12.15 The Kitchen Conspiracy. (R) (T) 12.30 How Clean Is Your House? (R) (T) 1.00 The Home Show. (R) (T) 2.00 FILM: Comanche Station (1960). Western, starring Randolph Scott. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 4.55 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) 7.00 Channel 4 News. (T) 7.00 Relocation. Relocation. Kirstie Alcock and Phil Spencer face one of their biggest ever searches when they take on a business expansion project that sees them looking around three different counties. (T) 9.00 Embarrassing Bodies. New series. The mobile clinic stops in Cardiff. (T) 10.00 Desperate Housewives. Lynette keeps a secret from Susan. Gabrielle advises Ana on how to get a man's attention, and Angie works tirelessly to protect her family's past. Felicity Huffman stars. (T) 11.00 Shameless. (R) (T) 12.05 4Music: 360 Sessions. (R) (T) 12.35 4Music: This Week's Music Top 20. 2.30 The Closer. (T) 3.15 Is It Better to Be Mixed Race? (R) (T) 4.10 6th Elsewhere. (R) (T) 4.55 Countdown. (R) (T) 5.10 Ugo Gabba Gabba. (R) (T)

## FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 The Milky and Shake Show. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Chiro. (R) (T) 7.40 Roary the Racing Car. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fill and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Igm Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. Inside and Out. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 The Family Recipe. (R) (T) 3.00 I Own Britain's Best Home: Flying Visit. (R) (T) 3.10 FILM: Lies and Deception (2005). Premiere. Thriller, starring Mädchen Amick. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Highland Emergency. A Dutch hiker falls while walking in the Cuillin mountains. (R) (T) 7.30 Five News Update. (T) 8.00 Secrets & Spies. The battle of the Eggys' long-est-reigning pharaoh. Rameses II. (R) (T) 8.00 Five News at 9.00 NCIS. A Marine is found murdered in Gibbs's home town. (T) 10.00 NumB3rs. When a movie producer's body is found mummified, the detectives follow a lead to a movie that showed a crime scene exactly like the one under investigation. (T) 11.00 Law & Order: Criminal Intent. (R) (T) 11.55 Poker. (R) (T) 1.25 SuperCasino. 4.00 Brian Sewell's Grand Tour. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.15 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## Best of the Rest

## BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Film: Legally Blonde 12 (2001) 9.35 Coming of Age. 10.00 Believe in UFOs: Danny Dyer 11.00 Family Guy 11.25 Family Guy 11.50 Film: 16 Blocks 12 (2006) 1.25 EastEnders: The Greatest Cliffhangers 2.20 Coming of Age 2.50 I Believe in UFOs: Danny Dyer 3.50 Doctor Who's Greatest Moments 4.05 Being Human 5.05 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 A Taste of Iran 9.00 Shooting the War 10.00 Mad Men 10.45 We Need Answers 11.15 Dinner with Portillo 11.45 Shooting the War 12.45 Timeshift: How to Solve a Cryptic Crossword 1.45 A Taste of Iran 3.15 Shooting the War 4.15 Close

## ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.00 Ricki Lake 5.30 Judge Judy 6.30 Popstar to Operate 8.00 American Idol 9.00 The Grammy Awards 2010 11.00 Film: The Interpreter 12 (2004) 1.40 Emmerdale 2.05 Teleshopping 4.05 Surface 4.50 Surface 5.35 ITV2 Nightscreen

## Sky1

1.00 Oops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Fat Families 9.00 Gotta Dance 10.00 Gotta Dance 11.00 NCIS: Los Angeles 12.00 Songbook 1.00 Road Wars 1.50 Ross Kemp in Afghanistan 2.40 Don't Forget the Lyrics 3.30 Brainiac: Science Abuse 4.20 Battleground America 5.10 Are You Smarter Than a 10 Year Old?

## GOLD

1.20 dinnerdads 2.00 My Family 2.40 My Family 3.20 As Time Goes By 4.00 As Time Goes By 4.40 As Time Goes By 5.20 Porridge 6.00 Last of the Summer Wine 6.05 Last of the Summer Wine 7.20 dinnerdads 8.00 Only Fools and Horses 9.20 Porridge 10.00 Only Fools and Horses 11.20 Men Behaving Badly 12.00 The New Adventures of Old Christine 12.30 The New Adventures of Old Christine 1.00 The New Statesman 1.35 Men Behaving Badly 2.10 The New Adventures of Old Christine 2.35 The New Adventures of Old Christine 3.00 Close

## TCM

1.00 Charro PG (1969) 3.00 The Private Life of Sherlock Holmes PG (1970) 5.45 Spenser's Mountain PG (1983) 8.15 The Screaming Room 9.00 Band of Brothers 9.55 Band of Brothers 11.20 Billy Two Hats 11 (1973) 1.15 The Adventures of Priscilla, Queen of the Desert 15 (1994) 3.00 Teleshopping 5.00 Charro PG (1969)

## The Disney Channel

Kids' programmes from 7am

## MOVIES

## Sky Movies Drama

6.00 Mommie Dearest 15 (1981) 8.15 Daylight Robbery 15 (2007) 10.00 Cradle Will Rock 15 (1999) 12.20 Tumbleweeds 12 (1999) With Janet McTeer. 2.05 In the Land of Women 12 (2007) With Adam Brody. 3.50 Jennifer Eight 15 (1992) With Andy Garcia. 6.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 8.00 Frost/Nixon 15 (2008) With Frank Langella. 10.05 12 (2008) With Kevin Spacey. 12.00 Rescue Dawn 12 (2006) With Christian Bale. 2.25 Joshua 15 (2007) With Sam Rockwell. 4.20 Taken Away PG (1996)

## Sky Movies Comedy

7.00 Lovewrecked PG (2005) 8.00 Boomerang 15 (1992) 10.30 The Man with Two Brains 15

(1983) 12.15 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 2.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.15 Made of Honor 12 (2008) With Patrick Dempsey. 6.00 Splash! PG (1984) With Tom Hanks. 8.00 The Man with Two Brains 15 (1983) With Steve Martin. 9.35 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 11.35 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.35 Boomerang 15 (1992) With Eddie Murphy. 3.35 Splash! PG (1984) 5.30 Lovewrecked PG (2005)

## Sky Movies Action/Thriller

6.05 Tom Clavin 15 (1966) 8.25 The Top 10 Show 8.45 The Mummy 12 (1999) 11.00 Death Race 15 (2008) With Jason Statham. 1.05 The Invasion 15 (2007) With Nicole Kidman. 2.50 Rumble in the Bronx 15 (1995) With Jackie Chan. 4.50 The Mummy 12 (1999) With Brendan Fraser. 7.05 Death Race 15 (2008) With Jason Statham. 9.00 Training Day 18 (2001) With Denzel Washington. 11.05 The Condemned 18 (2007) With Steve Austin. 1.05 Rumble in the Bronx 15 (1995) With Jackie Chan. 2.40 Body of Evidence 18 (1992) With Madonna. 4.35 Angel Flight Down PG (1996)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 A-League 10.00 Football Special 11.00 Football Asia 11.30 Revista De La Liga 12.30 A-League 1.00 Football Asia 1.30 Football Special 2.30 A-League 3.00 Poker 5.00 Revista De La Liga 6.00 Boots 'n' All 7.00 FIFA Futsal Mundial 7.30 Soccer Special 10.00 Football Special 11.00 FIFA Futsal Mundial 10.00 European Tour Weekly 12.00 Inside the PGA Tour 12.30 Football Special 1.30 Spanish Cup Football 3.00 FIFA Futsal Mundial 3.30 European Tour Weekly 4.00 Inside the PGA Tour 4.30 Boots 'n' All 5.30 FIFA Futsal Mundial

## Sky Sports 2

6.00 Aerobics O Style 6.30 Snow Ride 7.00 WWE Vintage Collection 8.00 Airports World

## Wednesday's Pick



Wednesday 03/02/10 Embarrassing Bodies, CH4, 9pm  
Now returning for a third series, frank-as-you-like medical documentary series Embarrassing Bodies takes to the road once again to tackle some of the more sensitive health problems troubling the good people of Britain. Dr Christian Jessen, Dr Pixie McKenna and Dr Dawn Harter are back as they discuss the nation in their search for anyone and everyone with a condition most people are reluctant to discuss. Embarrassing or not, these conditions need treating, and the team

8.30 Powerboating 9.00 Pool 10.00 Golf Special 11.00 Poker 1.00 Golf Special 2.00 NFL: America's Game 3.00 NFL: America's Game 4.00 Golf Special 5.00 Watersports World 6.00 European Tour Weekly 6.30 Inside the PGA Tour 7.00 Tracking Eero 7.30 Watersports World 8.30 Live Spanish Cup Football. Assem final first-leg match from the Copa del Rey. 11.00 Watersports World 12.00 Transworld Sport 1.00 Poker 3.00 Close

## Sky Sports 3

9.00 NFL: America's Game 10.00 NFL: America's Game 11.00 Racing News 11.30 Aerobics O Style 12.00 Sports Unlimited 1.00 Pool 2.00 Snow Ride 2.30 Airports World 3.00 Sports Unlimited 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Ten Pin Bowling 8.00 Boots 'n' All 9.00 European Tour Weekly 9.30 Inside the PGA Tour 10.00 Boots 'n' All 11.00 Inside the PGA Tour 11.30 Ten Pin Bowling 12.30 Boots 'n' All 1.30 Inside the PGA Tour 2.00 Close

## British Eurosport

7.30 Freeride Spirit Show 7.45 Ski Jumping 8.30 Ski Jumping 9.30 Nordic Combined 10.00 Athletics 11.30 Australian Open Tennis 12.30 Australian Open Tennis 2.15 Athletics 3.45 Ski Jumping 4.15 Live Ski Jumping. The HS14 event in Klingenthal, Germany. 6.00 Eurogals Flash 6.10 Live Athletics. The International Athletics PSD Bank Meeting. 8.00 Wednesday Selection 8.10 Show Jumping 9.10 Riders Club 9.15 US Tour Golf 10.15 European Tour Golf 10.45 Golf Club 10.50 Youth Club 10.55 Wednesday Selection 11.00 Olympic Magazine 11.30 Ski Jumping 12.30 Close

## Sky Sports 4

4.00 Snow Ride 4.30 Aerobics O Style 5.00 Ten Pin Bowling 6.00 NFL: America's Game 7.00 NFL: America's Game 8.00 Transworld Sport 9.00 Snow Ride 9.30 Tracking Eero 10.00 NFL: America's Game 11.00 NFL: America's Game 12.00 Snow Ride 12.30 Tracking Eero 1.00 Watersports World 2.00 Snow Ride 2.30 Tracking Eero 3.00 Close

## FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 The Milky and Shake Show. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Peppa Pig. (R) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fill and the Flowerlots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) 8.35 Igm Ogam. (R) (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor: Inside and Out. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 The Family Recipe. (R) (T) 3.00 I Own Britain's Best Home: Flying Visit. (R) (T) 3.10 FILM: Jane Doe: How to Fire Your Boss (2007). Murder mystery, starring Lea Thompson. (T) 4.00 Five News with Natasha Kaplinsky; Weather. (T) 4.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Zoo Days. The flamingos are rehoused as the temperature plummets. (R) (T) 7.30 Five News Update. (T) 8.00 Build a New Life in the Country. An Essex family renovates a barge in Burgundy, France. (T) 8.00 Five News at 9.00 NCIS: A Deadly Secret. Robson Green. The actor heads to China. (T) 10.00 FILM: Scream 2 (1997). The survivors of a past massacre are subjected again to a campaign of murder by another masked serial killer. Wes Craven's horror sequel, starring Neve Campbell and Courtney Cox. (T) 12.20 SuperCasino. 4.00 Brian Sewell's Grand Tour. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.15 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News; Weather. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (R) (T) 3.50 OoGies. (R) (T) 4.05 Horrible Histories. (R) (T) 4.35 Relic: Guardians of the Museum. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Bianca's troubles continue as she realises she threw away the cheque from her father. Chelsea tries to get to the bottom of Amir's problem. Zainab warns Syed about bringing shame on the family, and Ronnie digs deeper into Jack's relationship with DCI Marsden. Meanwhile, as Dr Al Jenkins bids farewell to the Square, a familiar face returns. (T) BBC News; Regional News. (T)

8.00 Material Girl. Key examples of Alf's work are stolen just a week before she is due to launch her new collection at Fashion Week.

As she frantically tries to catch up, the return of her ex after two years in New York forces her to confront her demons. With her life turned upside down, the designer realises how much she needs her friends - but it seems she may no longer be able to rely on them. (T)

9.00 Silent Witness. Part one of two. Nikki returns to her childhood home in South Africa after she is hired by a private security firm to investigate the disappearance of five young men in the 1980s. Harry and Leo also plan trips to Cape Town for a conference, but are waylaid by requests to lend their expertise to the examination of a woman's body dragged out of a bay and the effort to reverse the deportation from the UK of a Zimbabwean asylum seeker. Concludes tomorrow. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Question Time. (T) 11.35 This Week; (T) Skiing Weatherview. (T)

12.25 Sign Zone: Pearly Gates. (R) (T) 12.55 Sign Zone: Countryfile. (R) (T) 1.55 Sign Zone: Great British Railway Journeys. (R) (T) 2.25 Sign Zone: Natural World. (R) (T) 3.25 Sign Zone: The Rat Pack. (R) (T) 3.55 BBC News. (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Natasha is frozen

with dread when the police arrive and inform her they have found a body. Zak tells Lisa he is whisking her away for the night, and Diane tries to talk to Moira. (T)

7.30 CCTV - Cashing in on Cameras: Tonight. (T)

8.00 Emmerdale. The police ask Natasha to identify the body, and she is shocked when Faye turns up, but the pair begin to bond during their ordeal. Shadrach wakes to devastation at Wishing Well. (T)

8.30 Coronation Street. Peter is determined to prove he can control himself around alcohol, but his drinking is already having an effect. Betty is challenged for the title of the region's oldest barmaid. (T)

9.00 The Bill. A letter bomb addressed to the manager of a successful company proves to be harmless but, after talking to the witnesses, Grace has a hunch that worse is to follow. The intended 'victim' turns out to be cheating on his pregnant wife with his secretary, and a courier bears a grudge after being thrown out of the office, but the main suspect is the manager's own brother, who had recently been sacked. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Road Warriors. New series. Following the troops facing unforgiving terrain and enemy attacks to supply British bases in Helmand Province, Afghanistan. Three trucks are separated from a convoy after taking a wrong turn in the Taliban stronghold of

Nad-e-Ali. One of the vehicles ends up in a canal and a vicious freight ensues, with four young British soldiers isolated and forced to repel a wave of attacks before reinforcements arrive. (T)

11.35 The Krypton Factor. Ben Shephard presents the game show proving physical stamina and mental agility. Four more contestants bidding to reach the semi-final are tested on their memory, logic and general knowledge, as well as facing the daunting army assault course. (R) (T)

12.05 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 1.00 Loose Women. (R) (T) 1.45 The Jeremy Kyle Show. (R) (T) 2.40 CCTV - Cashing in on Cameras: Tonight. (R) (T) 3.05 ITV Nightscreen.

## BBC2

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Booi. (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wibbly Pig. (R) (T) 8.40 Get Squiggling. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary History. (T) 11.20 KS2 Science Clips. (T) 11.30 Primary Creative Arts. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Panic Attack. (R) (T) 1.30 Animal Park. (R) (T) 2.15 Car Booty. (R) (T) 2.30 Diagnosis Murder. (R) (T) 3.45 FlogIt! (R) (T) 4.30 Ready Steady Cook. (R) (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 The Culture Show. Martin Amis talks about his new novel The Pregnant Widow. (T) 8.00 Simon King's Shetland Diaries. New series. The Springwatch presenter



## Best of the Rest

### BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Snog, Marry, Avoid? 8.30 Hotter Than My Daughters 9.00 Nicola Roberts: The Truth About Tanning 10.00 EastEnders 10.30 The Real Hustle Undercover 11.00 The Real Hustle Undercover 11.30 Family Guy 11.55 Family Guy 12.20 Nicola Roberts: The Truth About Tanning 1.20 Material Girl 2.20 Snog, Marry, Avoid? 2.50 Hotter Than My Daughters 3.20 The Real Hustle Undercover 3.50 The Real Hustle Undercover 4.20 EastEnders: The Greatest Cheaters

### BBC4

7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Light Fantastic 9.00 Chemistry - A Volatile History 10.00 Newsweek with Charlie Brooker 10.30 Watching the Dead 11.30 Dinner with Portillo 12.00 Newsweek with Charlie Brooker 12.30 Games Britannia 1.30 Games Britannia 2.30 Games Britannia 3.30 Chemistry - A Volatile History

### ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.30 Judge Judy 7.00 New You've Been Framed? 7.30 Harry Hill's TV Burp 8.00 American Idol 9.00 What Did I Do? The Beatles 10.00 Secret Story of Call 10.30 Film: Miss Congeniality 2: Armed and Fabulous 12 (2005) 12.50 Coronation Street 2.10 Hell's Kitchen USA 2.15 Emmerdale 2.40 Emmerdale 3.00 Teleshopping Sky1 1.00 Oops TV 1.30 The Simpsons 2.00 Angela and Friends 3.30 Lost 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Simpsons

- Celebrity Friends 9.00 Bill Bailey's Birdwatching Bonanza 10.00 Bones 11.00 Fat Wars 12.00 Road Wars 1.00 Road Wars 1.55 Ross Kemp in Afghanistan 2.40 Don't Forget the Lyrics 3.30 Brainiac: Science Abuse 4.20 Battleground Galactica 1.00 Aye You Smarter? GOLD

1.20 Septe and Son 2.00 The Brittas Empire 2.40 The Brittas Empire 3.20 Keeping Up Appearances 4.40 Porridge 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Septe and Son 8.00 Only Fools and Horses 9.20 Porridge 10.00 Only Fools and Horses 11.20 Gimme Gimme Gimme 12.00 The New Adventures of Old Christine 12.30 The New Adventures of Old Christine 1.00 The New Statesman 1.35 Gimme Gimme Gimme 2.10 TOM

1.00 Hour of the Gun PG (1967) 3.00 Bunny O'Hare PG (1971) 4.55 Eight Men Out PG (1988) 7.20 Another Woman 15 (1988) 9.00 What's New Pussycat? PG (1965) 11.05 Love Field PG (1992) 1.10 What's New Pussycat? PG (1965) 3.00 Teleshopping 5.00 Hour of the Gun PG (1967)

### The Disney Channel

Kids' programmes from 7am, except: 8.35 Film: Camp Rock PG (2008) Musical, starring Demi Lovato.

## MOVIES

### Sky Movies Drama

6.00 Mail Order Bride 12 (2008) 7.30 Some Kind of Wonderful 15 (1987) 9.10 Innocent Moves PG (1993) 11.10 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 1.50 Definitely Maybe 12 (2008) With Ryan Reynolds. 3.50 A Civil Action 15 (1998) With John Travolta. 5.50 The Preacher's Wife U (1996) With Whitney Houston. 8.00 Changeling 15 (2008) With Angelina Jolie. 10.25 Street

Kings 15 (2008) With Keanu Reeves. 12.20 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 2.20 Mulholland Falls 18 (1995) With Nick Nolte. 4.15 Yesterday's Children 12 (2000)

### Sky Movies Comedy

7.00 Sixteen Candles 15 (1985) 8.40 35MM 12 (Bowling 12 (1999) 10.50 The Love Guru 12 (2008) 12.25 Yes Man 12 (2008) With Jim Carrey. 2.15 35MM 2.45 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 4.30 The Nanny Diaries 12 (2007) With Scarlett Johansson. 6.15 Bowling 12 (1999) With Steve Martin. 8.00 The Love Guru 12 (2008) With Mike Myers. 9.30 Yes Man 12 (2008) With Jim Carrey. 11.20 Beverly Hills Cop III 15 (1994) With Eddie Murphy. 1.10 Sixteen Candles 15 (1985) With Molly Ringwald. 2.50 The Nanny Diaries 12 (2007) With Scarlett Johansson. 4.40 Daddy Day Camp PG (2007)

### Sky Movies Action/Thriller

6.10 Next of Kin 15 (1989) 8.10 Dragon: The Bruce Lee Story 15 (1993) 10.20 Never Back Down 12 (2008) 12.25 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 2.40 Three Days of the Condor 12 (1975) With Robert Redford. 4.50 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 7.00 Never Back Down 12 (2008) With Sean Panik. 9.00 Indiana Jones and the Kingdom of the Crystal Skull 12 (2008) With Harrison Ford. 11.05 Lethal Weapon 2 18 (1989) With Mel Gibson. 1.05 Next of Kin 15 (1989) With Patrick Swayze. 2.55 Lethal Weapon 2 18 (1989) With Mel Gibson. 4.55 Point Last Seen PG (1998)

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# FR

### BBC1

.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News: Weather. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.25 CBBC: Tronji. (R) (T) 3.30 OoGles. (R) (T) 4.05 ROY. (R) (T) 4.35 Gastronuts. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleasdale present. A Question of Sport. With world champion gymnast Beth Tweddle. Everton midfielder Leon Osman. St Helens full-back Paul Wellens and boxer Amir Khan. (T) BBC News: Regional News. (T)

8.00 EastEnders. Billie catches up with his family on the Square as Bianca wonders whether her mother arranged for his visit, while Jack begins to suspect Bradley was involved in Archie's murder. (T)

8.30 QI. Regular panellist Alan Davies is joined by Jan Ravens, Jimmy Carr and Clive Anderson on the quiz with a difference. Presented by Stephen Fry. (T)

9.00 Silent Witness. Part two of two. Nikki manages to confirm that the skeletons are the remains of the Kensington Five, but after a visit to informant Captain Brackenbail, she discovers Anton's business partner was the man involved in the murders - leaving her facing difficult decisions about her love affair. Elsewhere, Leo is concerned about Kudza's safety after learning she has been sent to the place linking the three dead girls. Crime drama, starring Emilia Fox, Tom Ward and William Gaminara. Last in the series. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Friday Night with Jonathan Ross. The host welcomes guests including Indian actor Shahrukh Khan, who has won 13 Filmfare Awards for his roles in Bollywood movies, including Om Shanti Om and Rab Ne Bana Di Didi. He discusses his rise to prominence in the industry and work as a producer. Jonathan is also joined by presenter Lorraine Kelly, who is fronting a weight-loss documentary series showing on Bio. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T) 11.45 FILM: A Fish Called Wanda (1988). Crime comedy, starring John Cleese; (T) Weatherview. (T)

1.30 Sign Zone. Great British Railway Journeys. (R) (T) 2.00 Sign Zone: Seven Ages of Britain. (R) (T) 3.00 Sign Zone: Lark Rise to Candleford. (R) (T) 4.00 Sign Zone: An Island Parish. (R) (T) 4.30 BBC News. (T)

### ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 The Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House of Gold. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 A Touch of Frost. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight. Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Faye decides to take matters into her own hands, intent on discovering the truth about Mark. Zak and Lisa return home and are horrified by the chaos Shadrach has caused. (T)

7.30 Coronation Street. Peter starts drinking at the party to celebrate the launch of the new bar, Steve tells Liz about Becky's pregnancy and Rick the debt collector piles the pressure on Joe. (T)

8.00 Dancing on Ice Friday. Ben Shepherd and Coleen Nolan go behind the scenes of Dancing on Ice, talking to the judges and checking on the contestants' progress in rehearsal ahead of Sunday's show. Celebrity fans give their views on events so far, while Jayne Torvill and Christopher Dean demonstrate the skating move all the competitors must master this week. (T)

8.30 Coronation Street. The party guests react with horror to Peter's drunken antics, while Leanne blames herself, and George offers to take Simon home with him. Tina is unsettled by George's behaviour as he brings forward his holiday with Gail in the Lake District. News of Becky's pregnancy spreads, while Liz and Betty are relieved by news of Enid's condition. (T)

9.00 Popstar to Operastar. The remaining five singers hoping to make the grade as performers of opera songs learn new arias under the guidance of Katherine Jenkins and Rolando Villazon. The two with the fewest public votes face panellists Meat Loaf and Laurence Llewellyn-Bowen to learn who is to be eliminated. Presented by Mylene Klass and Alan Titchmarsh. (T)

10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Jaws 2 (1978). Thriller sequel, starring Roy Scheider. (T)

12.45 Ladette to Lady. (R) (T) ITV News Headlines. 1.40 FILM: Stealing Christmas (2003). Crime comedy, starring Tony Danza. (T) 3.05 ITV Nightscreen.

6.00 CBeebies: Big Cook Little Cook. (R) (T) 6.20 Clifford. (R) (T) 6.35 Boof (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) (T) 7.00 CBBC: Tronji. (R) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Stinky Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Wilby Pig. (R) (T) 8.40 Get Squiggly. (R) (T) 8.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Primary Class Clips. (R) (T) 11.55 BBC Primary Geography. (T) 1.25 Something Special. (T) 11.40 Look and Read.

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## SPORT

### Sky Sports 1

6.00 Live European Tour Golf. The Dubai Desert Classic. 9.00 Football Special 10.00 Inside the PGA Tour 10.30 Live European Tour Golf. The Dubai Desert Classic. 1.30 FIFA Football 2.00 Football Special 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Premier League World 7.30 The Rugby Club 8.30 European Tour Golf 10.00 Live PGA Tour Golf. The Northern Trust Open. 1.00 European Tour Golf 2.30 The Rugby Club 3.00 Premier League World 4.00 Spanish Cup Football 5.30 Premier League World

### Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Snow Ride 9.30 Boots 'n' All 10.30 Spanish Cup Football 12.00 Transworld Sport 1.00 Boots 'n' All 2.00 NFL: America's Game 3.00 NFL: America's Game 4.00 Transworld Sport 5.00 Boots 'n' All 6.00 The Rugby Club 7.00 ATP Tour Uncovered 7.30 Snow Ride 8.00 FIFA Futbol Mundial 8.30 Live Spanish Cup Football. A semi-final first-leg match from the Copa del Rey. 1.00 Time of Our Lives 12.00 Races World 1.00 Spanish Cup Football 2.30 Time of Our Lives 3.30 Close

### Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 WWE: Experience 8.00 Ten Pin Bowling 9.00 NFL: America's Game 10.00 NFL: America's Game 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Ten Pin Bowling 2.00 Snow Ride 2.30 Tracking Euro 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 Snow Ride 6.30 Tracking Euro 7.00 Race World 8.00 Snow Bowling 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 Netball 2.00 Close

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**Inácio Alves**  
Advertising, Publicity & Services

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Since 2,80 € x 50

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Since 10 € x 50

**Mini Golf**  
3,70 € x 50

**Pen**  
0,25 €

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Mob: 916 613 468

### MISTER COOL

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Mob: 917 175 818

### SACL

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Fax: 282 314 191

## Hotels & Restaurants

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Mob: 911 041 862

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oxana.moreira@gmail.com

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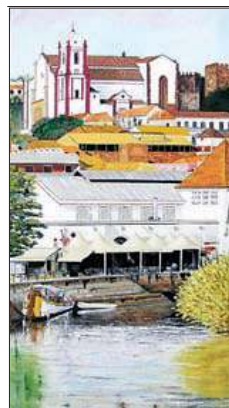
## Announcements



**LIONS CLUB** de Loulé Charity Sale, Sunday January 31st at Centro Comunitário, Almancil, 9.30am-12.00pm. Refreshments available and admission free. Quality clothes, linen, shoes, bric-a-brac, toys and books at bargain prices. For more information ring 289 416 659.

**MAN AND** large van going to UK 14 Feb returning 21 Feb will transport anything legal. 282 357 837 / 919 020 249  
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john.worman@virgin.net

**OPENSTUDIO** vivenda rosalia Pedreira Silves every Wed/Thu 11.00hrs - 17.00hrs art work by Hilary Cunningham Tel. 917 169 053 / 282 332 190 .

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**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**WANTED: THE** donkeys sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wed: 2.30-4.30pm Sat: 10.30am-12.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

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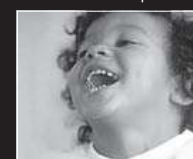
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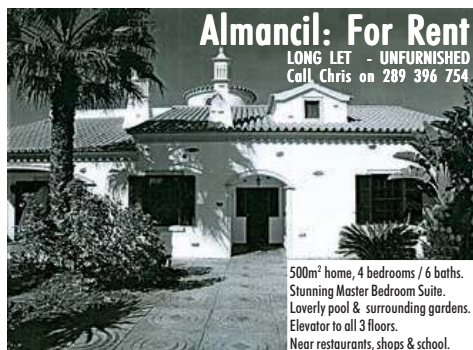


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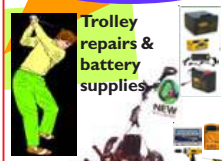
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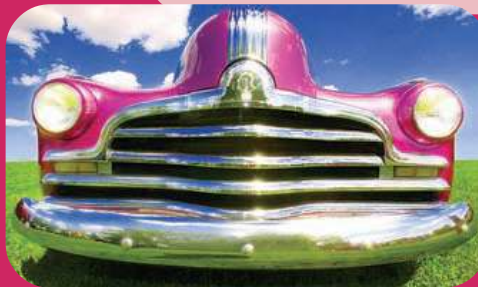
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Ads can only be placed by email and should not exceed 15 words. Pictures can also be included, but only one free ad per advertiser may be submitted.

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- ☐ Property Wanted
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## NEWS IN BRIEF

**Lisbon, Israel ink tourism deal**

Portugal and Israel signed a tourism cooperation accord on Monday aimed to bolster two-way leisure travel and the number of charter flights between the two countries. The number of visitors has remained stable during recent years, with Israel sending about 1,000 travellers to Portugal annually while some 3,000 Portuguese seek vacations in Israel.

**TAP launching another Brazil service**

Portuguese airline TAP opens a new route to Viracopos in Brazil's São Paulo state later this year, company sources said. TAP board member Luiz Mor said the three-times weekly service means TAP will have 17 flights a week to São Paulo state. São Paulo was TAP's most popular destination in 2009 with 201,000 passengers making the Atlantic crossing from Portugal.

**Cavaco Silva congratulates Chile's new president**

Portuguese President Cavaco Silva has congratulated Sebastian Piñera on his election as Chile's head of state, expressing hope for continued strong relations between the two countries. Cavaco Silva said in a message Monday he was "convinced" that "the close friendship and cooperation" linking Lisbon and Santiago would "continue to deepen and develop" under Piñera's leadership.

**Farmers get €30m in storm damage payments**

More than 600 farmers in Portugal's centre-west Torres Vedras region have applied for some €30 million in compensation for damages suffered in recent storms, according to Agriculture Minister António Serrano. The minister visited the region recently, pledging to begin making payments next month. Heavy rains and winds destroyed hundreds of greenhouses in the region near Lisbon in December.

**Portuguese UN police destroy abandoned ammo**

Portuguese police serving with the UN in East Timor carried out more than 200 operations to destroy abandoned munitions threatening civilians last year, a Republican National Guard (GNR) officer said. Capt. Marco Cruz told Lusa the GNR detachment in the Asian country had destroyed more than 400 explosive devices, ranging from hand grenades to mortar rounds, since their deployment in 2006 during a wave of violence. Cruz said the GNR's concern was not to identify the origin or original users of the abandoned munitions, but to "protect the population". He recalled that a four-year-old Timorese girl was killed by an explosive device last October while playing in the street.

**Economy set to grow 0.5% in 2010 – IMF**

Portugal's GDP is set to expand by 0.5% this year after shrinking 2.7% in 2009, the International Monetary Fund said. Portugal will continue to grow below the Eurozone average with a high jobless rate, the IMF forecast added, and inflation of 0.8% this year with exports up 1.3% in 2010 after plummeting almost 15% last year.

**Museums, monuments free for residents?**

Culture Minister Gabriela Canavilhas "dreams" of making entry to public museums and monuments free of charge for residents. Canavilhas told the Lusa News Agency she planned to abolish entry fees as soon as the ministry got funds to replace the annual €7 million received from the sale of tickets. "It's my dream to make free entry possible for resident visitors as soon as I get parallel financing to cover the receipts from tickets", she said.

**EU launches 2010 European Year: Stop poverty now!**

The European Commission and the Spanish Presidency of the EU has launched the 2010 European Year for Combating Poverty and Social Exclusion. Under the slogan 'Stop Poverty Now!' the campaign aims to put the fight against poverty – which directly affects one in six Europeans – centre stage across the EU during 2010.

**Lisbon to aid CPLP partners in water resources**

Portugal has signed an agreement to aid Lusophone bloc partners develop water resource studies and projects.

Environment Minister Dulce Pássaro said the €80,000 protocol inked last week in Lisbon with the Community of Portuguese Language Countries (CPLP) would target projects in many areas, from drinking water systems to waste water treatment. The Lisbon-headquartered CPLP binds Portugal and Brazil to five African nations and East Timor.

**Gov't creates 'sherpa mission' for NATO summit**

Portugal has approved the setting up of a mission to prepare and organise the summit of NATO heads of state and government scheduled for November in Lisbon, officials said. Foreign Minister Luis Amado said recently that Portugal would host its first NATO summit in Lisbon in November with a provisional November 19-20 scheduling. Portugal, a NATO founder member, is strongly committed to the creation of a new strategic concept for the 28-state alliance.

**Bullet train hook-up tenders released**

Portugal's national railway system REFER has announced it has opened tenders for the first contract to prepare link-ups between the planned bullet train network and conventional rail lines. It said the €31.5 million contract for execution within one year had been launched on Monday. The Lisbon-Madrid bullet train line is scheduled to be operational in 2013 and the Lisbon-Oporto line two years later.

# Health Minister denies Swine Flu pandemic a hoax

Portugal's Minister for Health, Ana Jorge, has denied claims by the President of the European Council's Health Committee that the A H1N1 Flu pandemic was a hoax and announced to 'feed a medical fraud', and defended all Portuguese efforts in controlling the virus.

Health Minister Ana Jorge, speaking from Brussels this week, voiced her opinion that the A H1N1 Flu "was not a false pandemic" and defended all action taken in preventing the spread of the virus in Portugal, including the vaccination campaign.

"The numbers show that it was not a false pandemic", she said, reiterating that more than 80 people have died so far in Portugal from H1N1 related complications. More recent figures show 97 people have in fact died because of Swine Flu. While numerous individuals died from underlying conditions, aggravated by the A flu, others showed no underlying illnesses whatsoever.

Minister Jorge said investment had been justified "in the general context of primary prevention as well as for the jobs".

She further stressed the "great confidence" she has in the WHO.

Health Minister Jorge's comments were made in response to claims by the President of the European Council's Health Committee, Wolfgang Wodarg, who slammed the A flu pandemic as being a "hoax" and one of the "biggest medical scandals in history" that "cost a lot of money".

The German health expert paid harsh criticism to the way the A flu pandemic was divulged by the WHO, and further accused the organisation of having "an inappropriate relationship" with pharmaceutical companies.

In turn the WHO has denied it was influenced by vaccination manufacturers to declare the Swine Flu a pandemic.

Meanwhile, in Portugal, the Leftist Party (BE) has questioned the Government's methods in acquiring the national A flu



A health worker being vaccinated against Swine Flu in Valença do Minho last November. (Photo: Lusa / Arménio Belo)

vaccination stock, and why it was ordered from one sole pharmaceutical company.

In response to the accusations against the WHO of having an "inappropriate relationship" with pharmaceutical manufacturers, GlaxoSmithKline (GSK), which supplies the A H1N1 flu jab to Portugal, GSK said there is "no ground" on which the claims can be based.

GlaxoSmithKline Portugal spokesperson, Marta Mello Breyner, told Lusa News Agency that the company has been operating in Portugal for 10 years and had been working alongside the

WHO, "as well as others public health entities, in dealing with a pandemic scenario".

By the beginning of October Portugal's expenditure on the pandemic was already superior to €67.5 million, spent on the purchase of vaccines, which cost an estimated €45 million, and

Oseltamivir anti-viral drugs, from Roche (and which were originally intended to combat bird flu) which cost €22.5 million.

Six million individual doses of vaccines against A flu were purchased from GlaxoSmithKline.

## St. Andrew's Society of Lisbon

### Annual General Meeting, 2010

To be held in the Quinta Santo Antonio, Malveira da Serra

Tuesday 2nd, March at 7pm

All members are welcome to attend

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50% SOLD!

Exhibitors from last year's Fair have had the chance to re-book and many companies have taken advantage of the early booking discount. But, there are still some premium stands which will be sold on a first come, first served basis.

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# Anticipated final in Carlsberg Cup semis



Last year's Carlsberg Cup finalists, Benfica and Sporting, will be facing each other in this year's semi-finals, in what promises to be a fiery Lisbon derby. FC Porto play Académica.

Benfica, Sporting and FC Porto were the top three teams of the three groups during the third phase of the group stages of the Carlsberg Cup, whilst Académica was the best second-placed (due to goal difference) and also progressed into the semi-finals.

FC Porto drew one of their matches in their group, against Académica (0-0) and left behind Estoril and Leixões, who both drew one and lost two.

Sporting ended top of Group B with three straight victories against Trofense, Braga and

União de Leiria, sailing into the semi-finals.

Benfica's journey into the semis wasn't as easy though, scraping a 1-0 victory over Nacional da Madeira to later draw against Vitória de Guimarães. Their victory over Rio Ave in their final match on January 24<sup>th</sup> sealed their progression into the semis and they now face Sporting on February 10<sup>th</sup> at the Alvalade Stadium.

FC Porto will be playing at home against Académica on the same day.



Benfica's Di Maria celebrates with his team-mates after scoring a goal against Rio Ave during their game at the Rio Ave Football Club in Vila do Conde on January 24th. (Photo: Lusa / Estela Silva)

## Eusébio Portugal's best

Eusébio, legendary ex-Benfica player, is the Portuguese international footballer who is best ranked in the IFFHS (International Federation of Football History and Statistics) ranking of the best scorers ever category.

The top scorer ever is Brazilian footballer Pelé, a football icon recognised worldwide, having scored 541 goals in 560 matches (between 1957/1977).

Eusébio, now aged 68, is placed in 27<sup>th</sup> position, scoring 342 goals in 373 top league matches, between 1960 and 1977.

Fernando Peyroteo, who made a career at Sporting, appears at 33<sup>rd</sup> with 330 goals in 197 matches (1937/1940).

Right behind Peyroteo is FC Porto's wonder player,

Fernando Gomes, who successfully put 330 shots into the back of the net in 432 matches, between 1974/1991.

Austrian player Josef Bican is runner up in the IFFHS rankings with 518 goals in 341 matches, closely followed by Hungarian Ferenc Puskás (511 goals in 533 matches).

Other Portuguese players included in the list of 313 best scorers in the history of football are José Águas (61<sup>st</sup>), Néné (90<sup>th</sup>), Manuel Fernandes (140<sup>th</sup>), Jordão (185<sup>th</sup>), Matateu (227<sup>th</sup>), José Torres (237<sup>th</sup>), Arsénio Duarte (256<sup>th</sup>).

Foreign players who played in Portuguese sides and who are also on the list are Cubillas (81<sup>st</sup>), Yazalde (117<sup>th</sup>), Acosta (154<sup>th</sup>), Jardel (173<sup>th</sup>), Van Hooijdonk (196<sup>th</sup>) and Salif Keita (235<sup>th</sup>).

## Mourinho in top 5

Portuguese manager José Mourinho was considered the fifth best coach in the world between 1996 and 2009, in a ranking published by the International Federation of Football History and Statistics (IFFHS).

Leading the ranking of the world's best coaches is the legendary Sir Alex Ferguson, who has won over thirty trophies for Manchester United during his reign of 25 years.

'The Special One' had already been elected Italy's best coach in 2009 in charge of Inter Milan and third in the world by FIFA's standards, behind Pep Guardiola (Barcelona) and Ferguson, when he received the fifth place in the IFFHS ranking.

Alex Ferguson leads the IFFHS ranking by 29 points, followed by Marcello Lippi (Italian national squad manager) and Arsène Wenger (Arsenal).

The reason why Mourinho is ranked fifth in the IFFHS ranking is because he only began his managing career with Benfica in 2000/2001, and the ranking is based on results from 1996, giving a clear advantage to long-standing managers such as Alex Ferguson and Arsène Wenger.

### SUPERLEAGUE FIXTURES WEEK 17

MATCH	DATE	TIME	TV
Braga-Sporting	Friday	20h45	RTP1
Naval-Belenenses	Saturday	16h00	
Leiria-Olhaneense	Saturday	16h00	
Nacional-FC Porto	Saturday	17h00	SportTV1
Benfica-Guimarães	Saturday	19h15	SportTV1
V.Setúbal-Rio Ave	Sunday	16h00	
P.Ferreira-Académica	Sunday	18h00	SportTV1
Leixões-Marítimo	Monday	20h15	SportTV1

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## Lisbon Casuals: a new era

"For the times, they are a changing" was a hit when many of us were still in short trousers, but this is certainly the case for the Casuals as they move into the second decade of the 21<sup>st</sup> century.

The Casuals have shared the sports facilities at St. Julian's School, Carcavelos mostly during the weekends, when use by the school is at a minimum. This relationship has continued for about thirty years, but recently, for various reasons, the club is having to find alternative venues for certain sports. However, it is the objective of the Club to maintain its heart at the Clubhouse in St. Julian's grounds.

The Casuals are unique in the choice of sports available. At present the major sports are tennis, football and field hockey. Scottish country dancing, badminton, golf and occasional rugby are also offered. The club tries to cater for all levels of participants, offering both social and competitive possibilities for members.

By reference to the club's website at: <http://www.lisboncasuals.net> details of contacts and further details of sporting and social activities are available. The club has always been very international in mentality, and many

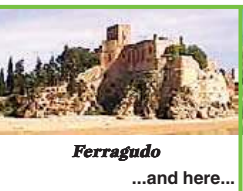
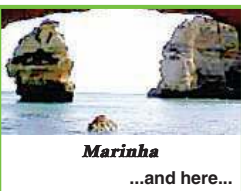
different nationalities are represented in our membership. As well as the sporting activities, mostly during weekends, they also try and provide members with an enjoyable social environment, most sections enjoying food and drink at their bar after training, with barbecues and quizzes being two favourite activities.

The tennis section continues to play on Saturdays and Sundays on the school's four hard courts. An excellent coach is available at the weekends at very reasonable rates for those wanting to get back into the game, or work on certain aspects. Due to the recent installation of floodlights, it is hoped that Wednesday evening tennis can soon be added to our programme.

This section includes players of all levels. Mostly, play involves everyone mixing together and changing partners at the end of each set. Several social tournaments, usually followed by a barbecue, and a club singles event are also held during the year.

More information about tennis, or the club in general, can be obtained from the club chairman, David Salgueiral on 939427314, or e-mail: [lisboncasualschair@gmail.com](mailto:lisboncasualschair@gmail.com).

Gregory Leadbeater



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